

GOOD  
COMPANY

CONTENTMENT

SELF-CONTROL

SELF-INQUIRY





# THE GATEWAY

Dedicated to  
SHRI SHRI SHRI SHIVABALAYOGI  
MAHARAJ

AND ALL THOSE GREAT SOULS THAT  
TAUGHT THE GLORY OF BEING  
ONE WITH THE MANY.

By Swami Ken



SHANTIVAN PUBLICATIONS

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## Introduction

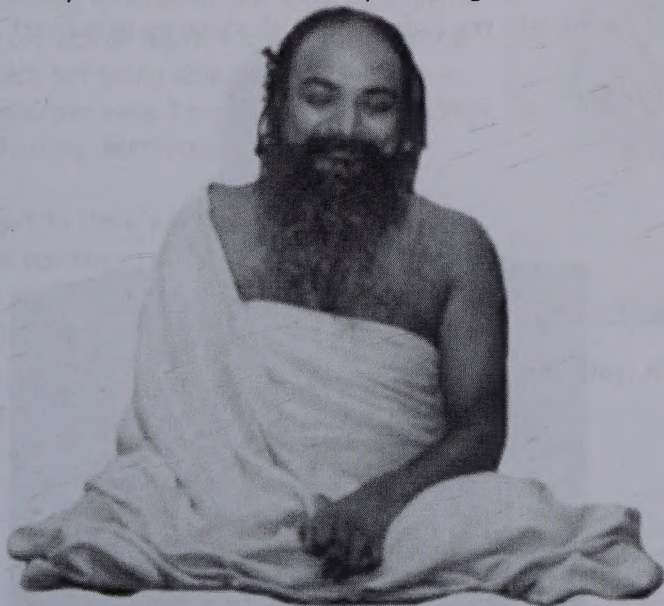
FOR as long as I can remember, the question of "Who am I" has been with me, spurring me on to seek inner knowledge, but without the proper tools and the right teacher, my quest was unsuccessful. During this time, I encountered a number of teachers (swami's and guru's) who gave me some useful hints, but could never give me the answer that I was seeking. In course of time, it became apparent that these teachers had not reach that state of eternal bliss either. Certain books came to me that afforded some inspiration, books on the scriptures and lives of the saints (e.g. The Bhagavad Gita, and the Gospel of Ramakrishna and the Bible.) Later on, my studies in this direction prepared me for meeting of the one teacher that could help me in this quest for Self-Realization, but books were not enough . I needed a teacher.

Well, after meeting so many who hinted they knew the answer and later being disappointed, I gave up the thought of ever finding that someone. The affairs of daily living began to take over and I stopped meditating, eventually finding myself falling back into the illusions of life more and more. Life became a series of many jobs, working as a contractor in the technical field, throughout America. I spent the money as fast as I made it.

Then one day, while working late at IBM, someone tapped me on the shoulder while saying, "Get ready... I am coming." I turned around only to find that no one was there. Something happened to me at that moment, and suddenly I found my life taking a 180-degree turn. I stopped hanging around with worldly friends, and began to go inward.

Having taken this experience to be a "wake-up" call, I began practicing hatha yoga to get my health back, and morning and night meditations before-after work every day. I pulled out my collection of old dusty spiritual books that had not been touched in years, and began reading them, only to find that I could not understand them at all, at first. Yet I continued my new disciplines. Months rolled by. Then, one day while in meditation, I heard that same voice. It said "Learn Hindi." Consequently, I tried to study the language, and picked up some, but not much.

Never did learn Hindi - but started to let that inner voice in meditation guide me more and more. I knew that sometime soon I'd have to leave IBM, the way my life was changing. Twice in 6 months I asked at work for them to let me go, but they had a lot of work to be done. Each time they asked me to stay on the project a little longer, so I did. Finally the time came and they let me go.

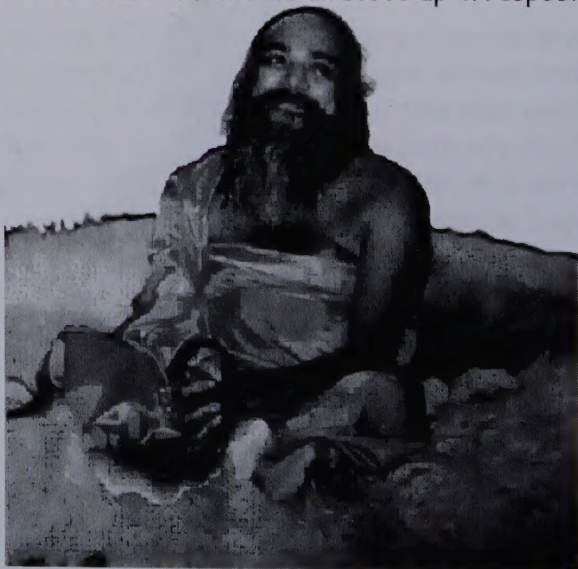




My landlord was given notice, my goodbyes were given to IBM, and I left on a new adventure, following that inner voice, open to wherever it would lead me. Dave, a friend of mine, had invited me to visit him in Atlanta, Georgia, so that was my destination at this moment in time.

On the way out of town, I stopped at an Indian grocery store to say goodbye to the owner, who was an Indian friend that I had made while frequenting the store. Walking into the store, I noticed a poster, displaying a photo of an East Indian man with a message to come and see him. This same message I had seen in my meditations recurring over and over for the past year, and yet I was not sure. Instead of driving on to Georgia, I decided to wait around a few hours to go see this Indian "yogi" first.

There were only about 30 people at the house where the yogi was staying, all Indian. I proceeded to sit on the floor with the rest of them and await the entrance of the yogi. A little while later, Shiva Bala Yogi came into the room and we all stood up in respect. Then

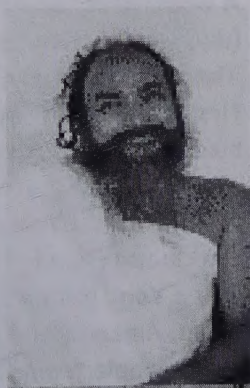


someone ushered him in to a special seat made for him. We all sat down again, and someone asked us to close our eyes. Then someone touched me between the eyebrows with ashes and told me to concentrate right at that point between the eyebrows. I did, and deeper and deeper into concentration I went... All of a sudden, instead of seeing the "spot" between the eyes, I started to see that same spot on the yogi's face, still with my eyes closed! My inner focus seemed to vacillate between my "spot" and his "spot" for some time. My thoughts stopped... I lost outer consciousness and everything seemed to turn into brilliant white light. The next thing I remember, someone was telling us to open our eyes. What followed was a lot of devotional, Indian-style singing while the yogi continued meditating. After that, everyone was allowed to go up and get a blessing from the yogi.

It was time to go, so I proceeded to my car and started driving to Atlanta, GA from Raleigh, NC around 9 o'clock at night. I drove through the whole night, not being able to stop thinking about the experience I had with Shiva Bala Yogi, and reached my destination 10 hours later.

When I got to Dave's house, I rested a few hours and suddenly realized that my search was over last night, at the yogi's house. I got in the car and drove all the way back to Raleigh just to

see this yogi again, without a clue as to where I would stay. All I knew was that I had to see him again, to be with him.



When I got there, a new meditation program was just starting. This time, after the program was over, Shiva Bala Yogi took time out to answer all the questions I had. Nothing was planned... the questions kept flowing out of me as if a dam of water had been broken, and he answered them just as fast as I asked them.

After the program, I went to sleep in my car, and someone came out and got me. The host arranged for someone to let me stay overnight at their house, and the next day, Shiva Bala Yogi called me over and asked me if I had "learned Hindi yet" ---Then I knew beyond a shadow of a doubt that it was him who had been speaking inwardly to me for the past year. He was the one who had given me that mysterious tap on the shoulder at IBM.

A week later, Shiva Bala Yogi initiated me onto the path of TAPAS (deep meditation practice). I went in for 5 hours the first time. Then, the next day, I did 10 hours. This was in August of 1988. The first 10 years of my practice consisted of 8 to 18 hours a day. I still meditate to this day, though not as many hours.

Sri Shiva Bala Yogi Maharaj has turned my life around, showing me that meditation is the road map to finding your true Self. He is not only a Yogi, but also a "King of Yogis." I traveled with him through India, America, and Europe and saw how he changed people's lives. Many people from all walks of life would come to him with their problems. All people were important to him, and he did not judge. A saintly person, or a person with many emotional or physical problems got equal time with him, and everyone was given the help they needed.



He was there to help, not only individuals who came to him, but the world as a whole.



Even though he has now passed his body, his presence is still with me to this day, guiding me every moment.

## DEDICATION

I dedicate this book to the one who inspired it's conception,  
Sri Shivabalayogi Maharaj.

One day I asked him what scripture I should read.

He said, "All scriptures are good, but the only one you need to read is the Yoga Vasistha - it has everything you are looking for."

With his help, through much meditation, and by constantly reading the Yoga Vasistha, these words came about. Shivabalayogi has been with me throughout the entire process, and is still guiding me in all the turns life takes as "I" experience. This work would not have been possible without him, so I dedicate this to him, and ask his blessings that the words will be taken in the right spirit by all aspiring seekers of truth. Words are limited in what they can convey, yet they are tools for communication, so must be used only as directional signs. The truth can only be derived from within.

The words in this book are the direct result of following the path laid out by my guru, Sri Shivabalayogi Maharaj. They are like "snapshots" of meditations and study of scriptures, especially the Yoga Vasistha.

Namaste (I honor the Divine within you)!

- Swami Ken

## PROLOGUE

### *How This Book Came About*

"The Gateway" is chock full of esoteric truths that, if meditated upon, open a door to enlightenment. The author has captured glimpses into that eternal reality that resides in the heart of all beings, yet is so elusive to ordinary consciousness. This book is not designed as an intellectual study of the art of meditation. Rather, there are keys hidden between the lines that can actually launch the reader into actual meditation, if read from beginning to end without skipping around, and taking time to reflect. The illustrations are entertaining as well as symbolically significant and not meant to be biologically accurate portrayals of humans, plants or animals. In fact, in some cases, they have a psychological trigger on the viewer to facilitate inner awakening while the rational mind thinks to itself, "Hmm. There is something wrong with this picture..."

The front cover illustration symbolizes a gateway with four possible doors to enter: 1) Study of scriptures 2) Good company 3) Contentment 4) Self-enquiry. The yantra within is a visual gateway that can draw the receptive viewer through the inner "gateway" of the mind into a state of meditation.

Ken is one of the American devotees that Shīvabalayogi Maharaj initiated into deep tapas. We have been studying the "Yoga Vasistha" for almost 4 years on a daily basis, sometimes reading and comparing different versions of the book, and delving into the significance of the daily reading. Ken would go into hours of meditation. Many times over these past 4 years, I noticed him writing notes after his meditations. Ken is an artist and used CorelDraw to

I would recommend it to anyone who is interested in meditation and in finding the true "Self" beyond the ego consciousness.

[NOTE: In the east, the "Self" with initial caps is accepted as the definitive expression for the higher Self, the Atman, and the Divine Consciousness that resides deep within all beings. It does not refer to the individualized "I" consciousness, or the ego consciousness. In my opinion, many of the philosophical arguments in this world are based on the conceptual semantics, and if word definitions were made clear it would also resolve most of these arguments.

Swami Ken and I have had the great fortune of being initiated into meditation by a true Siddha Yogi, Sri Shivabalayogi Maharaj, in Bangalore, India. This powerful yet simple form of meditation is key to unlocking the spiritual awareness of the aspirant. If practiced on a regular basis, actual experience (samadhi) is possible. Without such direct experience, these words are but words, directional signs that one will not really "get" until the soul is awakened to those truths by direct experience.

By reading this book, may you be inspired to ask the right questions" that lead you to your own true answers.

Read it in order, a few pages at a time. Take your time and hurry - life is too short!

- Vivien Purmort



**PRAKRITI YANTRA**

## **SECTION 1: THE NATURE OF THE PATH**

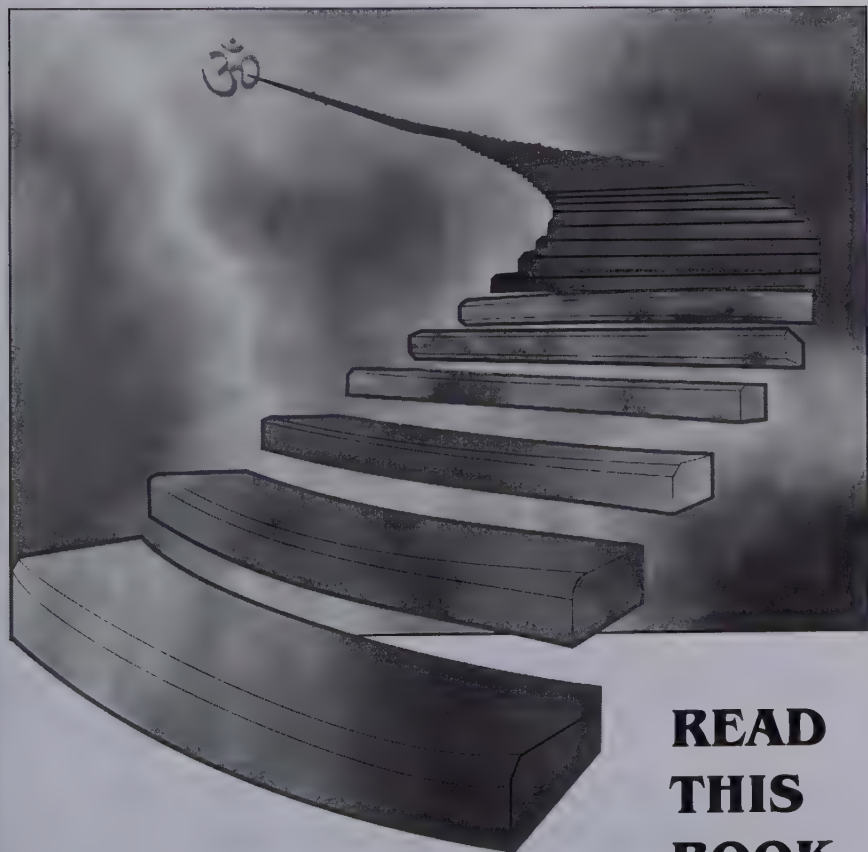
### **PRAKRITI YANTRA:**

**Awakening to your true nature  
Seeing the nature of reality in  
the three worlds, and seeing the  
path of awakening to the nature  
of the Divine.**

**Spiritual principles can be seen  
reflected in Nature, if one has eyes  
to see, and a love for the truth.**



**COME ON ...**  
**TO START ANYTHING**  
**YOU MUST TAKE THE FIRST STEP.**



**READ  
THIS  
BOOK**

<sup>1</sup> **THE CAUSE OF SORROW  
IS THE ACCEPTANCE OF  
THE UNREAL AS THE REAL.**

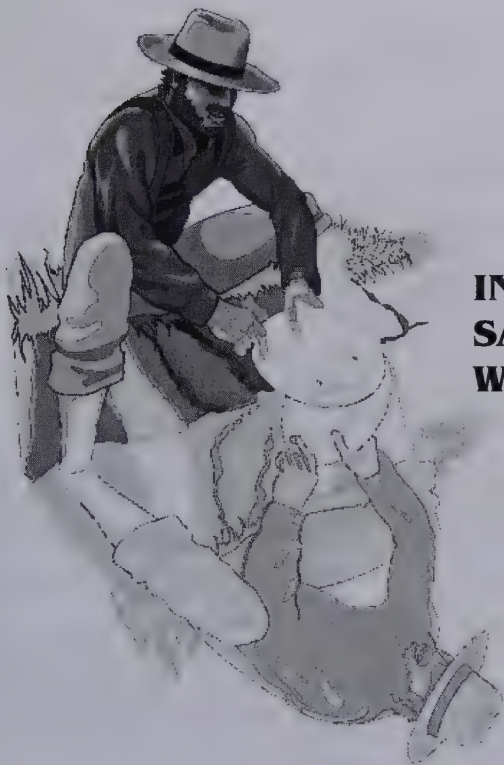
<sup>2</sup> **ABANDON THE PURSUIT OF PLEASURE,  
ENGAGE YOURSELF IN ENQUIRY  
&  
<sup>3</sup> BE DEVOTED TO SELF-EFFORT.**

<sup>4</sup> **THIS WORLD-APPEARANCE IS BUT  
A NOTION AND IT IS UTTERLY  
DISPELLED BY ENQUIRY.**



<sup>5</sup> **REALIZATION OF THE NON-EXISTENCE  
OF THE 'I' IS LIBERATION. THE LIGHT  
OF THIS REALIZATION DISPELS THE  
DARKNESS OF IGNORANCE.**

**6 JUST AS A PERSON'S REFLECTION IN  
A CLEAR LAKE IS NEITHER  
REAL NOR UNREAL,**



**IN THE  
SAME  
WAY,**

**7 THIS UNIVERSE REFLECTED  
IN THE INFINITE CONSCIOUSNESS  
IS NEITHER  
REAL NOR UNREAL.**

**ASK  
YOURSELF**

- 8 1. WHO AM I?**
- 2. WHAT IS THE INDIVIDUAL  
PERSONALITY?**
- 3. WHAT IS LIFE?**
- 4. HOW DID THIS WORLD ARISE?**

- 9 ONLY SELF-KNOWLEDGE  
CAN REMOVE THE WRONG  
NOTION "I AM THIS".**



- 10 BY EVERY MEANS ONE SHOULD  
INVESTIGATE THE PATHS TOWARD  
LIBERATION.**

- 11 PERCEPTION OF THE REALITY  
IS THE BEST FORM OF WORSHIP.**

**THEN THE LORD EXISTS AS THE  
SELF,**



- 12 TURN AWAY FROM WORLDLINESS.  
ENQUIRE INTO THE TRUTH OF  
THE SCRIPTURES, CULTIVATE  
DISINTERESTEDNESS IN  
PLEASURE AND THEN YOU WILL  
ATTAIN THE SUPREME TRUTH.**

- 13 IT IS THE INFINITE CONSCIOUSNESS  
ALONE  
THAT SHINES AS THE WORLD HERE.**

# I

14 **THE WORLD IS AN APPEARANCE,  
AND NOT EXISTENCE.**

15 **CONSCIOUSNESS EXPERIENCES  
ITSELF AND THAT EXPERIENCE  
IS KNOWN AS THE WORLD.**

16 **ONE'S EXPERIENCES IN THIS  
WORLD ARE UNKNOWN TO  
OTHERS.**

17 **CONFUSION AND DELUSION  
ARE UNREAL  
AND  
THE UNREAL DOES NOT EXIST.**

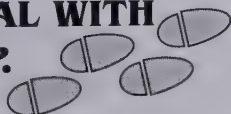
18 **CONTEMPLATE THE SELF  
AND LIVE IN THE WAKING  
STATE AS IF FAST ASLEEP,  
FREE FROM MENTAL DISTRESS.**



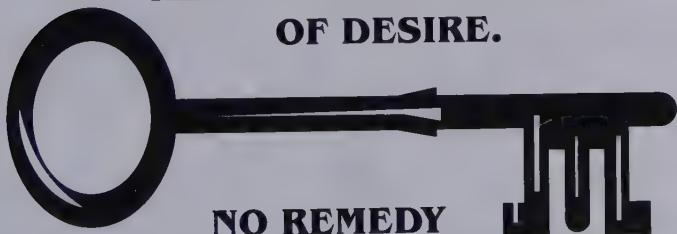
# SELF-EFFORT

19 **IF A DESIRE CANNOT BE OVERCOME  
BY SELF-EFFORT. THEN IT IS  
POWERFUL AND NO OTHER REMEDY  
IS OF ANY USE.**

20 **IF YOU CANNOT OVERCOME A DESIRE  
COMPLETELY, THEN DEAL WITH  
IT- STEP BY STEP.**



21 **SELF-EFFORT IS YOUR KEY TO  
RELEASE THE CHAINS  
OF DESIRE.**



22

**NO REMEDY  
OTHER THAN**

**SELF-KNOWLEDGE, KNOWLEDGE OF  
THE TRUTH, IS EFFECTIVE IN  
GETTING RID OF DESIRE.**

23

**AS LONG AS WE HAVE A  
BODY, WE ARE SUBJECT  
TO THE DUAL FORCES.**

24 **ONE WHO APPLIES HIMSELF TO THE  
TASK HE HAS UNDERTAKEN, USING  
ALL HIS EFFORT AND WORKING  
THROUGH THE DIFFICULTIES,  
REACHES THE DESIRED END.**

25 **AS LONG AS THOUGHTS ARE  
STILL THERE, HOW CAN  
THERE BE PURE AND TOTAL  
RENUNCIATION?**

26 **THE WISE MAN ABANDONS  
THE PURSUIT OF PLEASURE  
AND IGNORANCE FLEES  
FROM HIM.**

<sup>27</sup> **THAT WHICH IS CALLED  
"WORLD"  
IS NOT THAT.**

<sup>28</sup> **WHEN THE MIND STOPS LINKING  
ITSELF TO THE PAST AND THE  
FUTURE,**

**IT BECOMES NO-MIND**

<sup>29</sup> **WHEN OBJECTIVITY ARISES IN YOUR  
CONSCIOUSNESS, IT BECOMES  
CONDITIONED AND LIMITED: THAT IS  
BONDAGE.**



<sup>30</sup> **WHEN OBJECTIVITY IS ABANDONED  
YOU BECOME "NO MIND."  
THAT IS LIBERATION.**

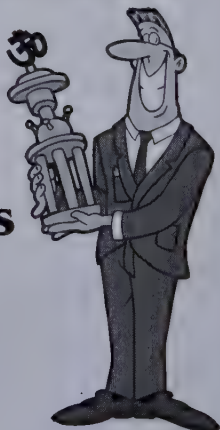
31 **DO WHATEVER YOU PLEASE,  
REALIZING  
"I AM NOT"  
AND  
"THIS IS NOT."  
REMAIN FIRM AND UNMOVED.**

32 **ABANDON THE IMPURE THOUGHT  
WHICH CREATES A DUALITY  
OF "SELF" AND "WORLD."**

33 **IT IS BY RIGHT EFFORT  
THAT EVEN BETTER  
THINGS ARE REALIZED.**



34 **BY PERSISTENT EFFORT  
THE IMPOSSIBLE BECOMES  
POSSIBLE.**



35 ONE SHOULD BECOME AWARE  
OF ONE'S DELUDED NOTION IN  
WHICH ONE THINKS THAT  
'I BELONG TO THESE OBJECTS  
OF THE WORLD'  
AND  
'MY LIFE DEPENDS UPON THEM.'

36 THE WORLD-APPEARANCE ARISES  
IN IGNORANCE  
AND  
WISDOM PUTS AN END TO IT.

37 IT IS BECAUSE OF THE FALSE FEELING  
'I AM NOT ENLIGHTENED'  
THAT  
THIS IGNORANCE OF THE REALITY  
HAS COME TO BE FIRMLY  
ESTABLISHED.

38 CONDITIONED AWARENESS  
IS BONDAGE.

**39    HOW POWERFUL IS THIS  
ILLUSION THAT IT MAKES  
THE UNREAL APPEAR REAL!**



**40    THIS ILLUSION EXISTS ONLY BECAUSE  
OF THE NON-UNDERSTANDING  
OF THE TRUTH.**



**41    INVESTIGATE THE TRUTH  
WITH THE HELP OF  
DIRECT EXPERIENCE.**

**42    DUALITY OR DIVERSITY IS FALSE.  
THE ONE MASS OF  
INFINITE CONSCIOUSNESS  
ALONE IS REAL.**

**43    LIVE COMPLETELY UNATTACHED  
TO ANYTHING HERE.**



**44 BRIDGE THE GAP BETWEEN YOURSELF  
AND  
PURE CONSCIOUSNESS.**



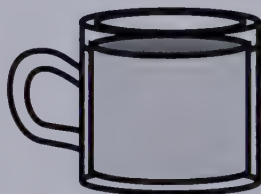
**45 GOD ALONE EXISTS EVERYWHERE  
WITHOUT A BEGINNING, MIDDLE,  
OR END.**

46 **WHEN TRUE KNOWLEDGE  
IS KNOWN, THEN  
THE SELF KNOWS ITSELF.**

47 **THE MORE YOU GIVE,  
THE MORE YOU HAVE.**

**OR**

48 **YOUR CUP ALWAYS  
STAYS FULL BY GIVING.**



49 **YOU SHOULD STAND FIRM IN  
YOUR OWN REALIZATION  
WITHOUT BEING DISTRACTED  
50 **NOR DEFLECTED.****

**PLEASURE IS A DREADFUL PAIN.**

**51 ONE SHOULD STRIVE TO  
RESORT TO THE COMPANY  
OF THE GOOD AND THE WISE.**

**52 ONE SHOULD LEARN  
TO RECOGNIZE THE  
GOOD IN OTHERS  
AS WELL AS THE  
DEFECTS.**



**53 EVEN IF A GOOD PERSON HAS  
SOME DEFECT, ONE SHOULD  
SERVE HIM, AVOIDING MAJOR  
EVIL TENDENCIES.**

**54 IGNORANCE ALONE IS THE  
CAUSE OF ALL DELUSION.**

**55 PLEASURE AND PAIN DO NOT  
TOUCH ONE WHO IS ESTABLISHED  
IN THE REALIZATION  
OF THE ONE INDIVISIBLE  
INFINITE CONSCIOUSNESS.**

**56 WHATEVER THAT INDIVIDUAL PERSON-  
ALITY CONTEMPLATES WITHIN ITSELF,  
THAT IT EXPERIENCES.**

**57 THE UNIVERSE, IT IS PURE  
CONSCIOUSNESS AND  
NOTHING ELSE.**



**58 CONSCIOUSNESS ALONE EXISTS.**

**SEE THE ONE SELF EVERYWHERE.**



60 **KNOW THE UNITY AMIDST DIVERSITY**





**UNLESS ONE  
CULTIVATES A**

**DISINTEREST IN THE OBJECTIVE  
AND MATERIAL EXISTENCE  
OF THIS WORLD, THEN THIS  
NOTION OF ITS EXISTENCE  
CANNOT BE WEAKENED.**

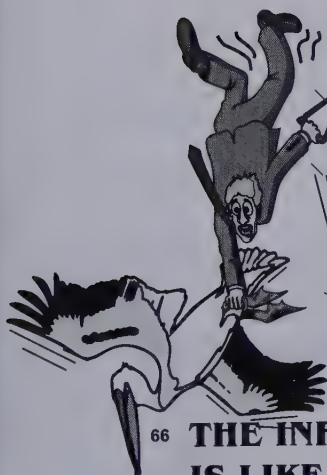
**62 ONE SURELY ATTAINS THAT  
FOR WHICH ONE STRIVES.**



**63 MEDITATION EXPANDS THE SHADE  
OF SELF- CONTROL, WHICH  
PROMOTES STEADINESS  
OF THE MIND.**

# THIS IS KNOWLEDGE THIS IS THE SELF

64 **ABANDON THE WORDS BUT  
REMAIN ESTABLISHED IN  
THE EXPERIENCE OF THE  
TRUTH THEY INDICATE.**



65 **CONSCIOUSNESS ALONE  
ENTERTAINS THE TWIN  
NOTIONS 'I AM ALIVE'  
AND 'I AM DEAD'**

66 **THE INFINITE CONSCIOUSNESS  
IS LIKE THE PUREST CRYSTAL,  
IT REFLECTS WHATEVER  
NOTION ONE HOLDS.**

- 67 **IN THE SEARCH FOR THE VISION  
OF THE ONE, BEHOLD THE MANY.  
BEHIND THE CHANGING, THERE  
IS THE CHANGELESS.**



- 68 **THE APPEARANCE OF DUALITY  
IN ALL, THIS IS ILLUSORY AND  
NON-EXISTENT.**



- 69 **THIS ILLUSION CEASES WITH  
THE DEVOUT STUDY OF THE  
SCRIPTURES (DEALING WITH  
SELF KNOWLEDGE).**

- 70 **THE WORLD-APPEARANCE OF  
DIVERSITY SEEMS TO ARISE  
IN THE ONE INFINITE GOD.**

**71 WHATEVER NOTION ONE ENTERTAINS,  
ONE PERCEIVES THAT TO BE TRUE.**

**72 WHEN IT IS CLEARLY SEEN THAT  
ALL THIS IS PURE CONSCIOUSNESS,  
THAT IT ALONE EXISTS AND NOTHING  
ELSE, THAT IS TRUTH.**

**73 CONSCIOUSNESS ALONE EXISTS  
IN CONSCIOUSNESS; PEACE RESTS  
IN PEACE; SPACE EXISTS IN SPACE,  
WISDOM ALONE EXISTS IN WISDOM.**

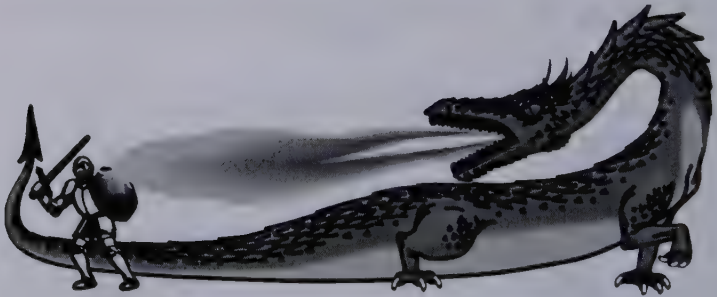
**74 WITHOUT A CAUSE**

**THERE IS NO EFFECT**



**75 THE SEER (EXPERIENCER) THE  
OBJECT (EXPERIENCE)  
AND  
THE ACT OF SEEING (EXPERIENCING)  
ARE ALL THE ONE CONSCIOUSNESS.**

**76 WHATEVER ONE CONSTRUCTS IN  
ONE'S OWN CONSCIOUSNESS IS  
ALSO SEEN BY ONESELF.**



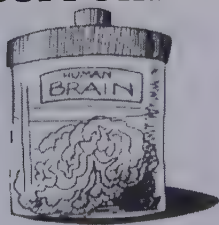
**77 CONSCIOUSNESS TAKES ON  
THE FORM OF WHATEVER IS  
PRESENTED TO IT.**



**78 THE BRAIN ENABLES THE SOUL'S  
CONSCIOUSNESS TO BE IN  
TOUCH WITH THE WORLD.**



**79 THE BRAIN IS THE SUPPORT FOR THE  
MIND AND MIND IS THE SUPPORT FOR  
THE DREAM-OBJECTS.**



80 **ACME Sign Company**

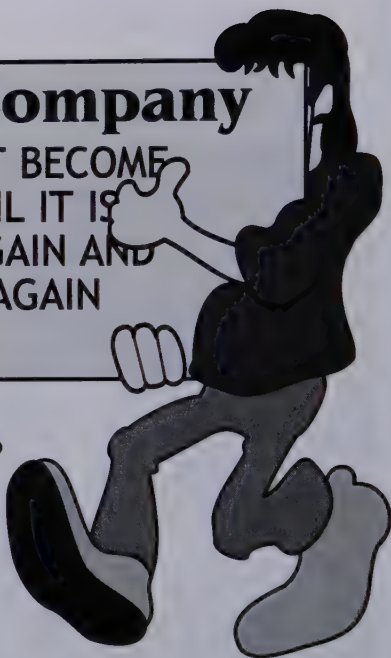
THE TRUTH DOES NOT BECOME  
CLEAR IN YOU UNTIL IT IS  
HEARD AGAIN AND AGAIN AND  
MEDITATED UPON AGAIN  
AND AGAIN.

81 **EVERYTHING EXISTS  
IN EVERYTHING  
AS EVERYTHING  
EVERYWHERE**

**FOR EVER,**

82 **CONQUEST OF THE  
MIND ALONE IS THE  
DESTRUCTION OF ALL  
DOUBTS.**

83 **IF YOUR MIND DELIGHTS IN SENSUAL  
PLEASURE, YOU WILL MISS HEAVEN  
AND LIBERATION.**



84

**GOD RESTS IN ITSELF.**

85 **THERE ARE NO TWO THINGS  
KNOWN AS GOD AND THE  
THE OBJECTIVE-WORLD.**

**1**

86 **"ONE" IS THE ONLY NUMBER  
IN ALL FORMS AND THOUGHTS.**

87 **IT IS CLEAR THAT THE WORLD-  
APPEARANCE AND THE SELF  
ARE NON-DIFFERENT.**

88 **THIS ENTIRE UNIVERSE IS AN  
IDEA THAT ARISES IN THE  
ONE INFINITE CONSCIOUSNESS.**

89

**"THIS IS I" & "THIS IS MIND"**

**ARE THE MIND,  
WHEN THEY ARE REMOVED,  
THE MIND CEASES TO BE.**



**WHO IS THE  
REAL YOU?**

**90 THE MIND ITSELF GETS INVOLVED  
IN WORLD-APPEARANCE BY  
ENTERTAINING COUNTLESS  
NOTIONS LIKE ("I AM HAPPY,"  
"I AM SAD," "I AM WEAK," "FOOLISH,"  
AND SO ON AND SO ON.**

**91 BY ONE'S OWN SELF-EFFORT,  
ONE ATTAINS SELF-KNOWLEDGE  
AND ABANDONS THE CRAVING  
FOR WHAT THE MIND DESIRES  
AS PLEASURE.**

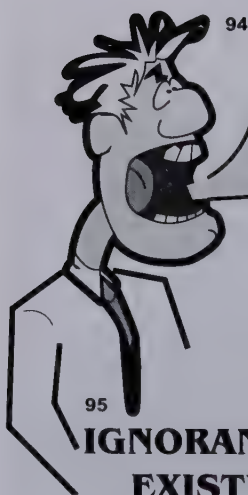
# HIGHWAY TO HEAVEN



92 **THAT ROAD LEADING TO THE HEAVENS  
STARTS BY PUTTING ONE FOOT IN  
FRONT OF THE OTHER (SELF-EFFORT).**



**93 THE SELF IS WHAT IT  
CONSIDERS ITSELF  
TO BE.**



**DO NOT GIVE WAY TO ANGER,  
THAT IS SURELY THE PATH TO  
DISASTER. FOR WHAT WILL BE,  
WILL BE. REALIZE THIS TRUTH.**

**WHAT WILL BE,  
WILL BE,**

**95 IGNORANCE HAS NO INDEPENDENT  
EXISTENCE APART FROM GOD.**



**96 WHEN THE TRUTH IS NOT  
REALIZED, IT IS KNOWN AS  
IGNORANCE.**

97

**ALL SUFFERING IS DUE TO IGNORANCE**



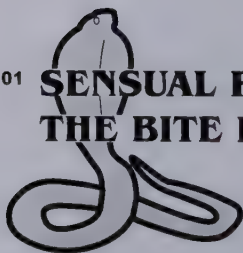
**98    CONDITIONED AWARENESS  
      IS BONDAGE.**

**99    ALL OBJECTS AND SUBSTANCES EXIST  
      IN THE SELF AS NOTIONS ONLY**

**100   SENSUAL ENJOYMENT IS  
      THE WORST DISEASE AND  
      PURSUIT OF PLEASURE IS  
      DISGUSTING.**

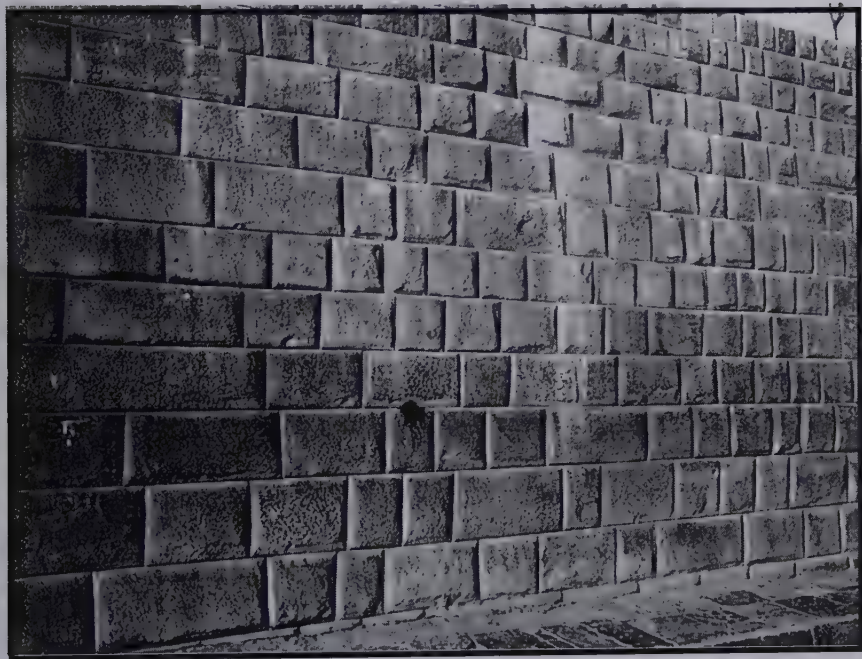


**101   SENSUAL PLEASURE IS WORSE THAN  
      THE BITE FROM POISONOUS SNAKES.**



**102   PLEASURE AND WEALTH ARE PLEASING  
      ON THE SURFACE BUT UNDERNEATH IS  
      UNHAPPINESS AND SORROW.**

**103 WE BUILD OUR OWN WALLS  
AROUND OURSELVES.**



**104 EACH ATTACHMENT  
PUTS ANOTHER BRICK ON THE WALL.**

**105 STOP BUILDING WALLS AND START  
TEARING DOWN BY SELF-DISCIPLINE  
AND BEING NON-ATTACHED TO  
YOUR ACTIONS.**



106

**IS THE ONLY NUMBER**

**IN ALL FORMS**

**AND**

**THOUGHTS.**



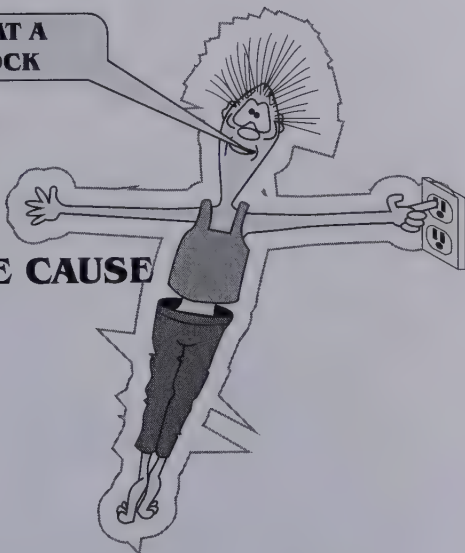
**107 DUALISTIC VISION COMES  
FROM FALSE PERCEPTION.**

**108 THERE IS NOTHING WHICH CAN  
BE DESIGNATED AS NOT-  
GOD,**

**WHAT A  
SHOCK**

**YET**

**GOD IS NOT THE CAUSE  
FOR CREATION.**



**109 ENLIGHTENMENT IS NOT AWARE  
OF ITSELF FOR IT IS NOT  
AN OBJECT OF AWARENESS.**

**110 THERE IS NOTHING KNOWN AS  
'REAL' 'UNREAL'  
'EXPERIENCER' NOR 'EXPERIENCED,'  
WHATEVER IT IS,  
IS INDESCRIBABLE.**

**111 GOD EXISTS AS GOD IN GOD  
JUST AS SPACE EXISTS AS  
SPACE, IN SPACE.**

**112 THE SUPREME TRUTH IS ESTABLISHED  
ONLY IN TOTAL SILENCE.**

**113 THE MIRROR SHINES WITH  
GREATER CLARITY THE  
MORE IT IS CLEANED AND  
POLISHED.**



**THE MIND BECOMES CLEAR  
WHEN YOU**

**MEDITATE REGULARLY.**

114 **DO NOT TAKE A WRONG TURN IN LIFE.  
YOU ARE PUT HERE FOR ONLY  
ONE REASON.**



**TO BECOME AWAKENED**

**115 THE IGNORANT ONE LIVES ON THE  
FERRIS WHEEL OF LIFE, ALWAYS  
CHASING AND PURSUING PLEASURE,  
GOING AROUND AND AROUND.**



116

**THE WISE ONE ABANDONS THE PURSUIT  
OF PLEASURE, AND IGNORANCE FLEES  
FROM THE TRUE SELF.**

**117 THE INFINITE CONSCIOUSNESS  
REFLECTS ITSELF AS THE INFINITE  
AND UNCONDITIONED CONSCIOUSNESS  
IN YOU.**

**118 WHEN A NOTION OF AN OBJECT ARISES  
AND WHEN THAT NOTION IS CONFIRMED  
BY REPETITION, THIS CONSCIOUSNESS  
MANIFESTS AS THAT OBJECT.**

**119 WHEN ONE LOSES THE EGOIC NOTION  
'I AM', NOTHING IS LOST, EVERYTHING  
IS GAINED. THE ONLY THING LEFT  
IS TRUTH.**



**120 ABANDON THE PURSUIT OF  
THE FRUITS OF ACTIONS.**

## IV

**121 LIFE IS A BURDEN TO  
THE IGNORANT**

**122 TO THE UNWISE, KNOWLEDGE  
OF THE SCRIPTURES IS  
A BURDEN.**

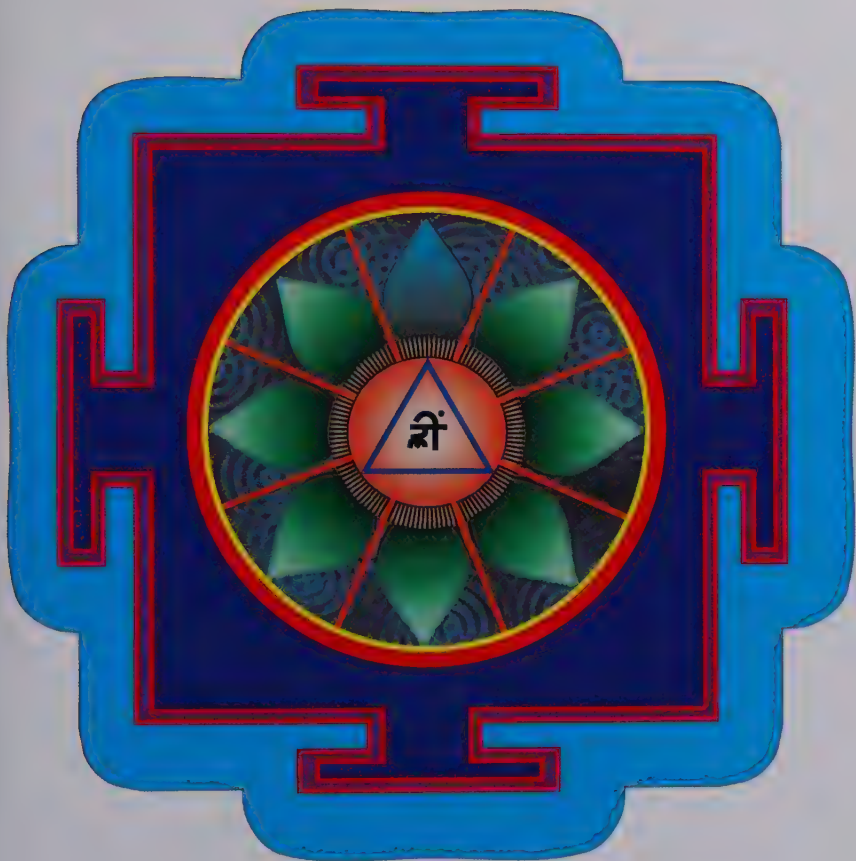


**123 TO ONE WHO IS FULL OF  
DESIRES, WISDOM IS A  
BURDEN.**

**124 TO ONE WHO IS RESTLESS,  
HIS OWN MIND IS A BURDEN.**







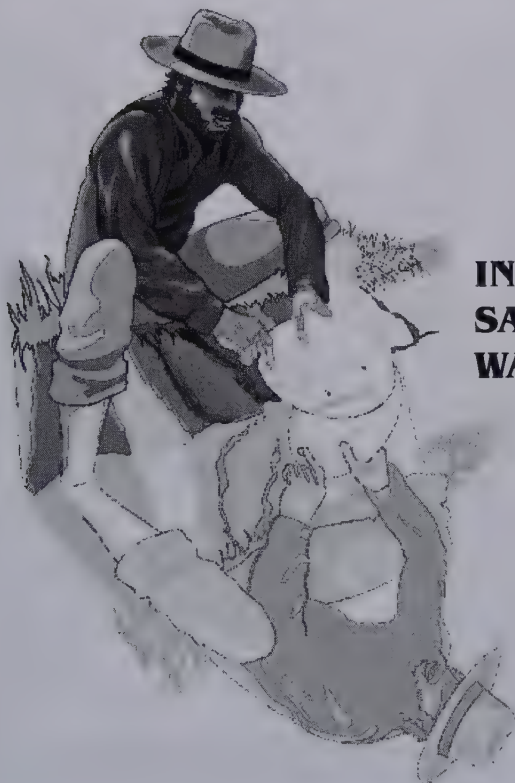
MUKTI YANTRA

## **SECTION 2: THE DOOR TO LIBERATION**

### **MUKTI YANTRA:**

**Yantra of Liberation  
often called “King of Yantras”  
In the center, “hrim” symbol  
stands for the divinity  
of fortune, Laksmi.  
This yantra is said to be  
an instrument of fulfilling  
one’s wishes in the visible  
and invisible worlds.**

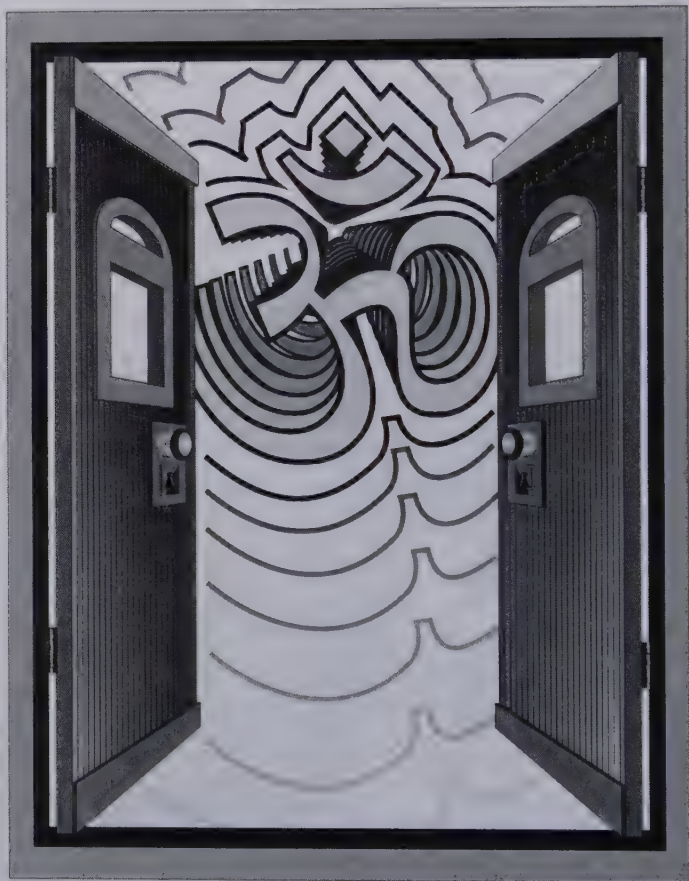
**1 JUST AS A PERSON'S REFLECTION IN  
A CLEAR LAKE IS BOTH  
REAL AND UNREAL,**



**IN THE  
SAME  
WAY,**

**2 THIS UNIVERSE REFLECTED  
IN THE INFINITE CONSCIOUSNESS  
IS BOTH  
REAL AND UNREAL.**

3 **OPEN THE DOORS TO ENLIGHTENMENT**



4 **THE DOORS TO LIBERATION ARE OPENED  
WHEN ONE ARRIVES AT THE STATE OF  
PEACE, AFTER INTELLIGENT INQUIRY  
INTO THE NATURE OF THE SELF.**

5 **ONE SHOULD SLAY THE GHOST  
OF DUALITY  
AND  
FIX THE HEART ON THE  
ONE TRUTH.**

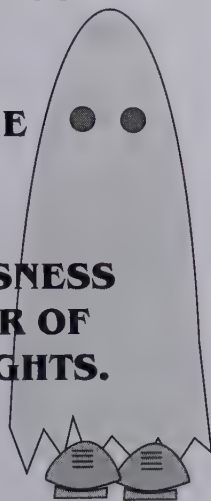
6 **I SALUTE THAT CONSCIOUSNESS  
WHICH IS THE GIFT GIVER OF  
THE FRUITS OF ALL THOUGHTS.**



7 **I SALUTE THAT CONSCIOUSNESS  
WHICH IS DEVOID OF DESIRE  
AND EGO-SENSE AND CANNOT  
BE DIVIDED INTO PARTS.**

8 **ALL THIS IS 'I' AND  
ALL THIS IS MINE  
BUT I AM NOT 'I' AND  
I AM NOT 'OTHER  
THAN**

**I** '



**9 YOGA HAS TWO TYPES,  
SELF-KNOWLEDGE IS ONE TYPE  
AND RESTRAINT OF THE  
LIFE-FORCE IS THE OTHER.**



**10 THIS IS FOR CERTAIN**

**ALL THINGS EXIST IN GOD, ALL THINGS  
FLOW FROM GOD, ALL THINGS ARE GOD:  
IT IS OMNI-PRESENT, IT IS THE SELF.**

**IT IS THE TRUTH**

**11 I AM THE CONSCIOUSNESS OR GOD**

**SPARKS FROM WHOM ARISE CONTINUALLY  
RADIATING REFLECTED CONSCIOUSNESS  
THROUGHOUT THE UNIVERSE.**

**12 WHEN SEEN BY A PURE MIND  
IT IS EXPRESSED IN SILENCE.**



- 13 **DO YOU FEEL THERE IS SOMETHING  
MISSING IN YOUR LIFE?**



- 14 **TRUE HAPPINESS COMES FROM WITHIN  
ONE'S SELF. TRY MEDITATING.**

**15 DUE TO THE FALSE ASSUMPTION OF  
THE EGOTENSE, CONSCIOUSNESS  
THINKS THAT THE WORLD-APPEARANCE  
IS INDEED REAL.**

**16 IT IS THE MIND ALONE THAT  
IS THE ROOT-CAUSE OF  
EXPERIENCING THE WORLD  
AS IF IT WERE REAL.**

**THERE IS NO MIND OTHER THAN  
PURE CONSCIOUSNESS.**

**17 TO KNOW THE MIND IS UNREAL,  
YOU WILL KNOW THAT THE WORLD IS  
UNREAL.**

**18 TOTAL FREEDOM IS ATTAINED AFTER  
ALL MENTAL CONDITIONING IS  
CONSCIOUSLY TRANSCENDED AND  
AFTER A THOROUGH INVESTIGATION  
OF THE NATURE OF THE SELF.**

19 **IT IS THE MIND ALONE THAT IS THE  
ROOT-CAUSE OF EXPERIENCING  
THE WORLD AS IF IT WERE REAL.**

20 **IMPURITY ITSELF  
IS IMAGINARY.**

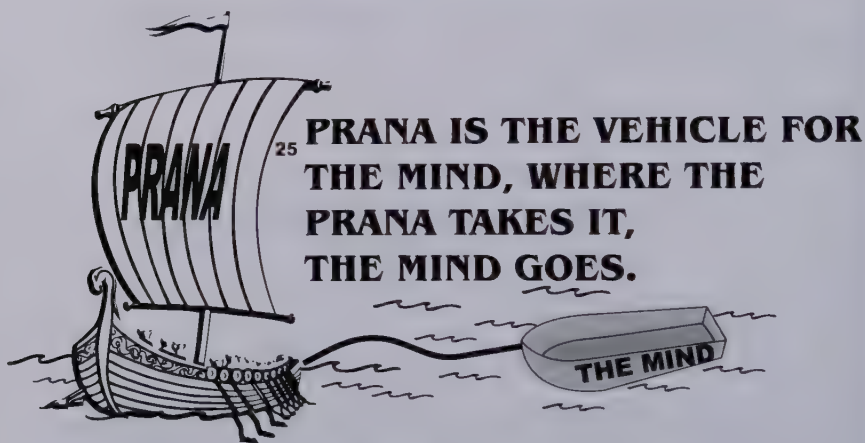
21 **THIS IMPURITY ARISES UNLESS THE  
IMAGINATION IS FIRMLY REJECTED.**

22 **ACTION SPRINGS FROM THOUGHT,  
THOUGHT IS THE FUNCTION OF  
THE MIND.**



23 **THE MIND IS CONDITIONED  
CONSCIOUSNESS  
BUT  
CONSCIOUSNESS IS  
UNCONDITIONED!**

24 **THE UNIVERSE IS BUT A REFLECTION  
IN CONSCIOUSNESS.**



26 **BELIEF IN THE EXISTENCE OF  
THE SELF CREATES IT.**

27 **BELIEF IN THE DUALITY  
ESTABLISHES IT.**

28 **ALL THOUGHTS AND BELIEFS  
LEAD TO SORROW.**

29 **NO-THOUGHT AND NO-BELIEF  
IS PURE BLISS.**

# CONSCIOUSNESS

30 **THAT WHICH IS INDICATED BY  
THE PURE "I" IS NOT  
FOR WORDS TO DESCRIBE.**

31 **MANIFEST CONSCIOUSNESS  
IS THE UNIVERSE  
AND**

32 **THE UNMANIFEST UNIVERSE IS  
CONSCIOUSNESS.**

33 **THE UNIVERSE EXISTS AS  
BOTH REAL AND UNREAL.**

34 **BY ENTERTAINING THE  
NOTION 'I AM THIS'  
CONSCIOUSNESS IS  
BOUND.**

35

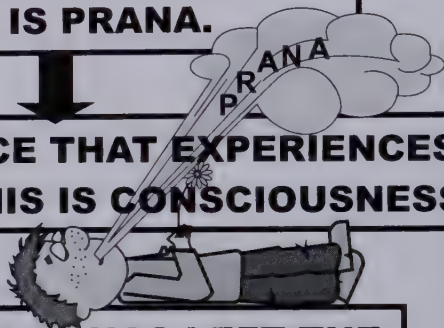
**KNOW THIS AND YOU ARE FREE.**



36 **THE ENERGY THAT MOVES  
THE BODY IS PRANA.**

37

**THE INTELLIGENCE THAT EXPERIENCES  
THROUGH ALL THIS IS CONSCIOUSNESS.**



38

**WHEN THE PRANA HAS LEFT THE  
BODY THE INTELLIGENCE DOES  
NOT REFLECT THE OBJECTS.**

39 **THE REALIZATION OF THE  
INFINITE CONSCIOUSNESS  
IS THE BEST  
FORM OF WORSHIP.**



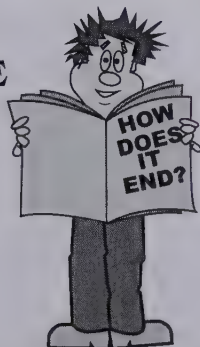
40 **IMAGINATION GIVES  
RISE TO SORROW.**



41 **THE TOTAL DESTRUCTION OF  
IGNORANCE IS THE SAME  
THING AS GOD-REALIZATION.**



42 **GOD-REALIZATION IS THE  
FINAL GOAL OF HUMAN  
EXISTENCE.**



43 **SUFFERING COMES FROM EXPECTING  
HAPPINESS FROM WORLDLY  
POSSESSIONS.**

44 **MISERY PROCEEDS FROM ONE'S  
DESIRE AND ATTACHMENT.**



**ATTACHMENT**

45 **IN THIS INFINITE CONSCIOUSNESS  
THERE HAVE BEEN MILLIONS OF  
MIRAGES KNOWN AS WORLD-  
APPEARANCE,  
YET,  
NOTHING  
46 REALLY HAS COME INTO BEING  
INDEPENDENT OF THE INFINITE  
CONSCIOUSNESS.**



47 **IT IS THIS MIND ALONE THAT  
IS THE CAUSE OF  
ALL OBJECTS IN THE WORLD.**



# WHAT ARE YOU DOING?

**NOW WHAT  
DO I DO?**



48 **ALL ENJOYMENTS IN THIS  
WORLD ARE DELUSIONS.**

49 **THE LIFE-SPAN IS FRUITFUL  
ONLY TO THOSE WHO HAVE  
SELF-KNOWLEDGE.**



50 **THE ONLY WORTHWHILE  
THING TO GAIN IN ONE'S  
LIFE IS SELF-KNOWLEDGE.**



**TIME**

51

**ALL THE HOPES AND HAPPINESS  
OF MAN IN THIS WORLD ARE  
CONSISTENTLY BEING DESTROY-  
ED BY TIME AND TIME ALONE.**

**HEY YOU,  
GOT THE TIME?**

52 **TIME ALONE CREATES AND  
DESTROYS EVERYTHING  
IN THIS WORLD.**



53

**TIME IS THE GREATEST  
MAGICIAN, IT MAKES  
THINGS APPEAR AND  
DISAPPEAR.**

54

**IN THIS WORLD THERE IS  
NOTHING, BIG OR SMALL  
THAT TIME DOES NOT  
DESTROY.**



# TIME?

55 **TIME KEEPS US AWAY FROM BEING NOW  
FOR THERE IS NO TIME IN NOWNESS.  
TIME IS SOMETHING RELATING TO THE  
PAST OR FUTURE.**



56 **JUMP OUT OF TIME AND BE HERE NOW!**

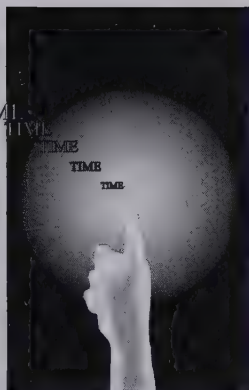
**57 THE TRUE SELF TRANSCENDS  
TIME AND SPACE**



**58 THE ABSOLUTE SELF ALONE EXISTS  
EVERYWHERE WITHOUT BEGINNING,  
MIDDLE OR END.**



TIME  
TIME  
TIME  
TIME  
TIME  
TIME  
TIME



TIME<sup>59</sup> THE INFINITE CONSCIOUSNESS  
TIME HOLDS IN ITSELF THE NOTION  
OF A UNIT OF TIME.

TIME  
TIME  
TIME

60 THE INFINITE  
CONSCIOUSNESS,  
DEVOID OF A BEGINNING,  
MIDDLE OR END ITSELF,  
IS UNINVOLVED WITH  
TIME.

# TIME

# TIME

# TIME

**61 AS LONG AS THE 'I' REMAINS,  
THERE IS ONLY UNHAPPINESS  
IN ONE'S LIFE.**

**62 THE NOTION OF THE 'I' CANNOT  
BE REMOVED EXCEPT THROUGH  
SELF-KNOWLEDGE.**

**63 BY THE PERSISTENT CULTIVATION  
OF THE HIGHER FORM OF 'I-NESS'  
THE LOWER FORM IS ERADICATED.**

**54**

**WHEN ALL SUBJECT-OBJECT RELATIONSHIP  
BETWEEN ME AND IT  
IS UNDERSTOOD AS FOOLISH,  
THEN THE  
THE 'I-NESS' CAN BE UPROOTED.**

**65**

**WHEN THE HIGHER 'I-NESS' TAKES OVER  
'I AM THE ALL IN ALL,'  
THERE IS NOTHING APART FROM ME  
'I AM'.**

66 **THE MIND IS CONDITIONED  
BY THE EGOTENSE; GET  
RID OF THE LOWER 'I-NESS'  
AND THE CONDITIONED  
MIND LEAVES.**

67 **CONTROL OF THE MIND**

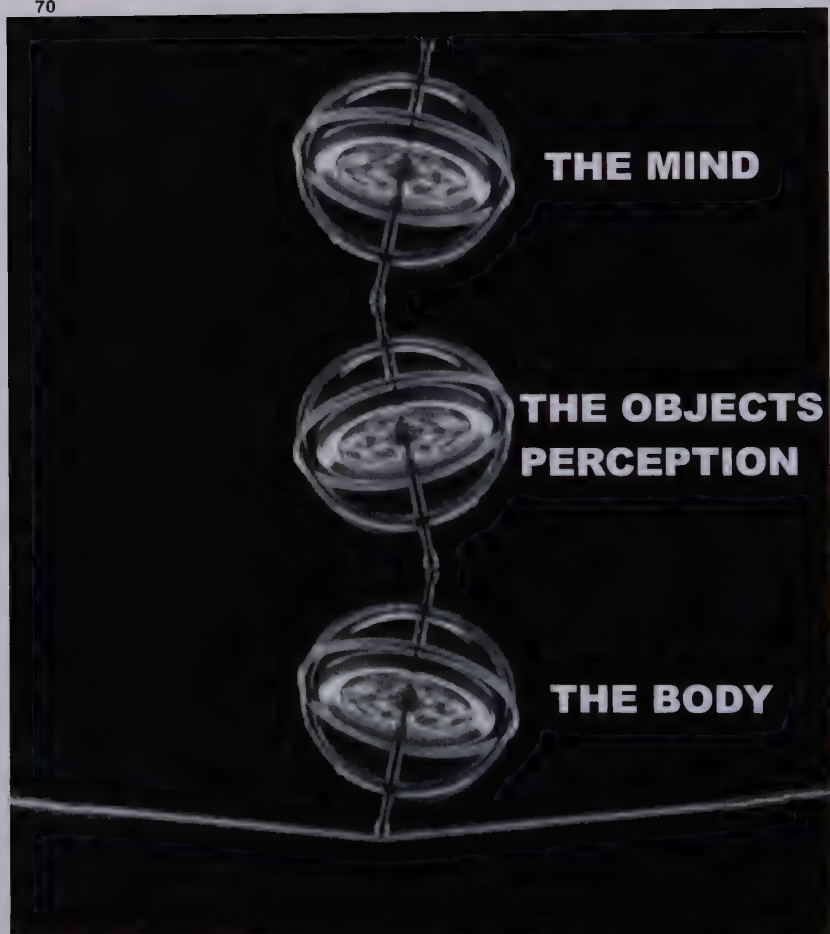
**IS THE ONLY WAY IN WHICH  
ONE CAN REMEDY THE  
SUFFERING OF THIS  
WORLD-APPEARANCE.**



68

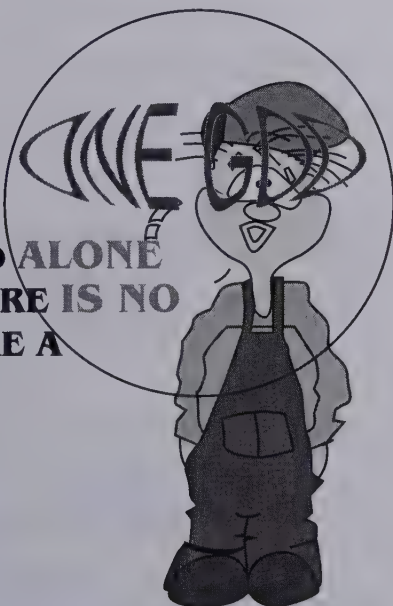
**INQUIRE DEEPLY INTO THE NATURE  
OF SENSE-PLEASURES AND ABANDON  
ALL CRAVING FOR THEM.**

69 **MIND ALONE IS YOUR FRIEND  
AND  
YOUR ENEMY.**



**IT IS BY SELF-KNOWLEDGE THAT THESE  
3 WILL REACH A STILLNESS STATE OF  
EQUANIMITY.**

71 **TO THE IGNORANT, THE WORLD  
IS FULL OF SORROW; TO THE  
WISE THE SAME WORLD IS  
FULL OF BLISS.**



72 **WHEN THE ONE GOD ALONE  
PERVADES ALL, THERE IS NO  
DEATH NOR IS THERE A  
LIVING PERSON.**

73 **LIBERATION IS ATTAINED WHEN  
ONE ARRIVES AT THE STATE OF  
PEACE AFTER INTELLIGENT  
INQUIRY INTO THE NATURE  
OF THE SELF.**

74 **ALL STATEMENTS ABOUT  
WHAT IS AND WHAT IS NOT  
 ARE BASED ON LOGIC,  
 AND  
 75 **THE INFINITE CONSCIOUSNESS  
 GOES BEYOND TRUTH, BEYOND LOGIC.****

76 **WHEN THE NON-DUAL BEING IS KNOWN,  
 ALL DUALITY  
 VANISHES INSTANTLY.**

77 **THE SELF IS NOT REALIZED  
 BY ANY MEANS OTHER THAN  
 MEDITATION.**

78 **DESIRE, ATTACHMENT AND  
 DELUSION VANISH WHEN  
 THE NECTAR OF WISDOM  
 IS TASTED.**



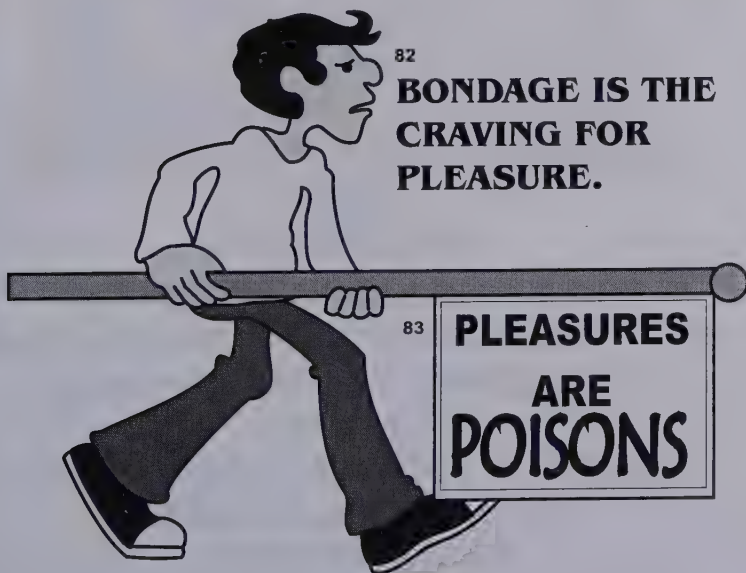


79 **THIS WORLD DOES NOT ARISE  
FROM THE ABSOLUTE NOR  
DOES IT MERGE IN IT.**



80 **THE ABSOLUTE ALONE EXISTS  
NOW AND FOREVER.**

81 **THE ABSOLUTE CANNOT BE REALIZED  
OR EXPERIENCED BY ANOTHER; ONLY  
THE ABSOLUTE CAN REALIZE ITSELF.**



**84 WHEN THE INFINITE VIBRATES,  
THE WORLDS APPEAR TO EMERGE.  
WHEN IT DOES NOT VIBRATE,  
THE WORLDS APPEAR  
TO SUBMERGE.**



**85 WHAT IS KNOWN AS LIBERATION  
IS INDEED THE ABSOLUTE ITSELF,  
WHICH ALONE IS.**

**86 WHEN IT IS NOT UNDERSTOOD  
THE "I" APPEARS TO BE IMPURE NOTION  
IN THE INFINITE CONSCIOUSNESS,  
BUT WHEN  
THE "I" IS RIGHTLY UNDERSTOOD  
ITS MEANING IS SEEN  
AS THE INFINITE  
CONSCIOUSNESS.**



**AGNI YANTRA**

## **SECTION 3: BURNING THROUGH ILLUSIONS**

### **AGNI YANTRA:**

**“Oh Self of all beings!  
You are everything, earth, water, fire  
air and space, the subtle world, the  
nature of all...” - Visnu Purana 3.17.14-34**

**Agni means fire. The fire of the kundalini  
rising up as man evolves burns  
away impurities of mind on  
its ascent to the highest  
Self within, the “Self”  
beyond the ego.**

### III

**1 IGNORANCE DISAPPEARS IF YOU TURN  
TOWARDS THE LIGHT OF THE SELF.**



**2 KNOWLEDGE IS THE LIGHT  
THAT AWAKENS THY SELF**

### III

<sup>3</sup> **THE SELF IS NEITHER THE DOER NOR  
THE ACTION NOR THE INSTRUMENT;  
IT IS THE TRUTH.**

<sup>4</sup> **THE SELF IS THE ETERNAL  
ABSOLUTE CONSCIOUSNESS.  
IT IS SELF-KNOWLEDGE.**

<sup>5</sup> **THIS WORLD-APPEARANCE EXISTS  
IN THE INFINITE CONSCIOUSNESS.**



<sup>6</sup> **IN GOD, TIME AND SPACE  
DOES NOT EXIST.**

<sup>7</sup> **THERE IS NO CREATION IN GOD.**

<sup>8</sup> **THE WORLD HAS NO BASIS AT ALL,**

**YET GOD OR INFINITE CONSCIOUSNESS  
IS THE BASIS FOR THE ENTIRE MANIFEST UNIVERSE.**



- 9 **WHEN THE REALITY OF THIS WORLD  
IS UNDERSTOOD, THEN IT IS  
REALIZED AS THE SUPREME SELF.**

(SHIVA)

- 10 **WHEN THE WORLD IS NOT RIGHTLY  
UNDERSTOOD, IT BECOMES EVIL.**

- 11 **WHATEVER THIS CONSCIOUSNESS  
REALIZES ITSELF TO BE,  
THAT IT BECOMES.**

- 12 **THE WORLD AND THE EGOSENSE  
HAVE NO EXISTENCE INDEPENDENT  
OF THAT SUPREME.  
SELF**

- 13 **THE SUPREME SELF ALONE EXISTS.**

————— IT JUST IS —————

14 **CONSCIOUSNESS IS CONSCIOUSNESS  
AND IS REALIZED BY CONSCIOUSNESS.**

15 **DIVERSITY IS PERCEIVED BY THE  
NOTION OF DIVERSITY.**

16 **THE INFINITE RAISES INFINITY  
WITHIN ITSELF.**

17 **THE INFINITE IS BORN OF INFINITY  
AND THE INFINITY REMAINS  
INFINITE.**

18 **FROM THE SELF, NOTHING IS  
CREATED AND NOTHING EVER  
RETURNS TO IT.  
(GOD RESTS IN THE SELF.)**

19 **THE INFINITE CONSCIOUSNESS  
ALONE EXISTS.**

20

## HOW DO THE WORLD AND EGOSENSE EXIST?

21 THE ESSENCE OF EXISTENCE IS  
PURE EXPERIENCING, WHICH IS  
THEREFORE THE ESSENCE OF  
CONSCIOUSNESS.

22

LIKE LIQUIDITY EXISTS IN-  
SEPARABLE FROM WATER.

CONSCIOUSNESS AND  
UNCONSCIOUSNESS  
EXIST TOGETHER.



23 IF GOD IS THE CAUSE OF SOMETHING  
THEN HOW CAN GOD BE REGARDED  
AS INDESCRIBABLE AND  
INCOMPARABLE

24 GOD DOES NOT DESTROY OR  
CREATE, GOD JUST

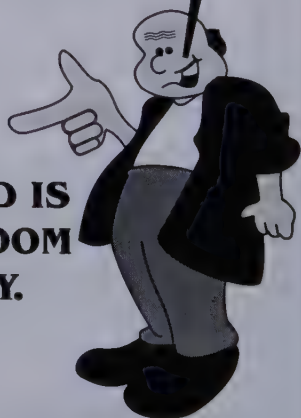
25 **GOD IS NOT A CAUSE OR  
A SEED, GOD IS.**

26 **CONSCIOUSNESS ALONE EXISTS,  
NEITHER ONE NOR MANY.**

**NOW I  
COULD GO FOR  
THAT**

27 **WHEN THERE IS NO MATERIAL  
EXISTENCE,  
THINKING DOES NOT EXIST  
EITHER.**

28 **WHEN THE REALITY OF GOD IS  
REALIZED, THERE IS NO ROOM  
FOR WORRY AND ANXIETY.**



**WHAT IS THE  
MIND?**



**MIND IS BUT A BUNDLE OF NOTIONS  
WHICH LIMIT THE TRUTH.**

**WHATEVER APPEARS TO BE HERE  
IS PERCEIVED IN GOD, BY GOD,  
AND SUCH PERCEPTION IS  
KNOWN AS THE MIND!**

**THAT WHICH SHINES HERE KNOWN  
AS THE MIND IS INDEED THE  
INFINITE CONSCIOUSNESS (GOD)**

**IT IS IGNORANCE THAT GIVES RISE  
TO THE NOTION OF A MIND AND  
THE WORLD AND ALL THE REST OF IT.**

— THE MIND —

33 **ALL THIS IS INDEED GOD**

34 **WHATEVER THERE IS, IS GOD  
AND NOTHING ELSE.**

35 **WHEN THE CREATION OF THIS  
WORLD IS SEEN TO BE FALSE,  
THE MIND THAT ENTERTAINS THE  
NOTION OF SUCH A CREATION  
IS FALSE, TOO.**

36 **WHEN THE INFINITE CONSCIOUSNESS  
IS INCAPABLE OF DIVISION,  
THERE IS NO DIVISION  
AND THAT'S JUST THE  
WAY IT IS!**

37 **ONE IS ALWAYS ONE.**

38 **IN THIS DIMENSION OF INFINITE  
CONSCIOUSNESS, WHATEVER SLIGHT  
APPEARANCE THERE SEEMS TO BE,  
IS BUT THE REFLECTION OF  
CONSCIOUSNESS IN ITSELF.**



————— THE MIND —————

39 **THERE IS NEITHER MIND NOR WORLD**

40 **THE REALITY THAT IS SEEN AS  
THIS WORLD  
IS BEGINNINGLESS AND UNCREATED.**

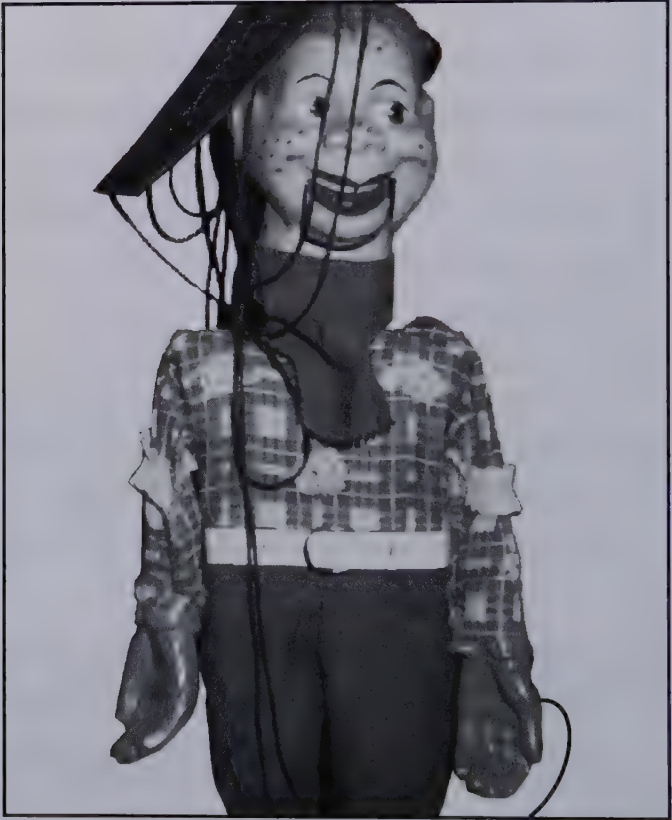
41 **ALL THIS IS THE SELF-REFLECTION  
OF GOD, WHICH IS OF INFINITE  
FORMS, AND APPEARS TO BE  
THE UNIVERSE WITH ITS  
CREATION-DISSOLUTION CYCLE.**

42 **IT IS THIS GOD ITSELF WHICH KNOWS  
ITSELF FOR A MOMENT AS THIS  
UNIVERSE AND APPEARS TO BE  
SUCH.**

43

**THERE IS NO MIND.**

# WHO IS PULLING YOUR STRINGS?



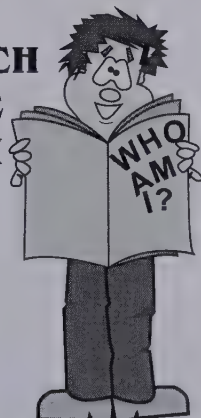
44

**LOSE THE STRINGS OF 'I' AND 'MIND'  
AND BE YOUR TRUE SELF.**

45 **LOSE THE NOTION OF THE "I" AND  
LIVE IN PURE KNOWLEDGE.**

46 **"I" AND 'THE WORLD' ARE WORDS  
WITHOUT SUBSTANCE.**

47  
**"WHEN THE EMPTINESS OF SUCH  
EXPRESSIONS AS 'I' AND 'THE  
WORLD' ARE REALIZED, THEN  
EVERYTHING IS SEEN AS THE  
ONE INFINITE GOD**



48  
**IN THE RIGHT OR WRONG KNOWLEDGE  
OF 'THE SELF' OR 'I' LIES LIBERATION  
OR BONDAGE.**

49 **THE NOTION 'I AM' GIVES RISE TO  
BONDAGE AND SELF-DESTRUCTION.**

———— I AM ————

50

**THE REALIZATION 'I AM NOT'  
LEADS TO FREEDOM.**



51

**THE REALIZATION 'IS NOT'  
LEADS TO LIBERATION.**

52 **THE STATE OF THE MIND OF THE  
LIBERATED ONES WHO ARE STILL  
LIVING AND WHO SEE BOTH THE  
SUPREME TRUTH AND THE RELA-  
TIVE APPEARANCE, IS KNOWN  
AS SATVA (PURE MIND).**

53 **IT IS IMPROPER TO  
CALL IT THE MIND.  
IT IS MORE PROPER  
TO CALL IT "NO MIND."**

54 **THE WORLD-APPEARANCE IS BUT  
AN APPEARANCE WHOSE REALITY  
IS GOD.**

---

I AM

---

55 AS LONG AS ONE CONSIDERS  
THE BODY AS THE 'I'

&

56 AS LONG AS THE SELF IS  
RELATED TO WHAT IS SEEN.

&

57 AS LONG AS THERE IS HOPE IN  
OBJECTS WITH THE FEELING  
'THIS IS MINE'

58 SO LONG WILL THERE BE DELUSION  
CONCERNING THE MIND

---

**WORLD-APPEARANCE**

---

**59 BREAK THE STRINGS OF DESIRE  
AND BE WHO YOU ARE**



**60 'I AM THAT WHICH IS  
BEYOND THE BODY, MIND,  
AND THE SENSES'**

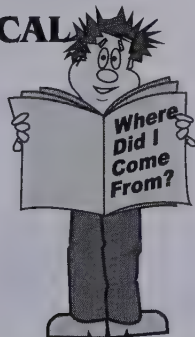


## WORLD-APPEARANCE

<sup>61</sup> **THIS CREATION EMERGES FROM NOTHING,  
IT DISSOLVES IN NOTHING,  
ITS VERY NATURE IS VOID,  
IT DOES NOT EXIST.**

<sup>62</sup> **IF THE REAL NATURE OF INFINITE  
CONSCIOUSNESS IS NOT PERCEIVED,  
SELF-LIMITATION APPEARS TO EXIST,  
CREATING COUNTLESS CONFUSIONS.**

<sup>63</sup> **ONE PARTAKES OF THE POISON OF  
SELF-LIMITATION AND THE CON-  
SEQUENT PSYCHOLOGICAL  
CONDITIONING.**



<sup>64</sup> **THAT WHICH DID NOT EXIST IN THE  
BEGINNING AND WILL NOT EXIST  
IN THE END, DOES NOT EXIST NOW.**

**65 IN THE OCEAN OF IGNORANCE THERE  
ARISES THE NOTION OF 'I' ON ACCOUNT  
OF THE BEGINNINGLESS POTENTIAL OF  
SELF-LIMITATION.**

## **THERE UPON**

**66 THE MOVEMENT OF THOUGHT  
GENERATES OTHER NOTIONS  
LIKE 'MINE-NESS' 'ATTRACTION'  
AND 'REPULSION'.**

**67 IT ALL TURNS TO SORROW.**

---

**WORLD-APPEARANCE**

---

**68 THIS WORLD-APPEARANCE  
IS LIKE A DREAM.**

**69 THE UNREAL DOES NOT COME INTO  
BEING AT ANY TIME,  
NOR DOES THE REALITY OR  
THE SELF EVER CEASE  
TO BE.**

**70 THE DOERSHIP AND ENJOYERSHIP DO  
NOT EXIST IN THE UNCONDITIONED.**

## WORLD-APPEARANCE

71 AS LONG AS THE DELUSION OF  
THIS WORLD-APPEARANCE LASTS.

72 THIS EXISTENCE OF THE WORLD AS  
AN OBJECT OF  
PERCEPTION LASTS.

73 THIS WORLD IS AS REAL  
AS A DREAM.

74 THE WORLD IS PRODUCED OUT  
OF NOTHING, BY NOTHING

75 BY STUDY OF THE SCRIPTURES, BY THE  
COMPANY OF THE HOLY ONES AND BY  
CONTROL OF THE SENSES,



76 ONE REALIZES THE NON-EXISTENCE  
OF THIS WORLD-APPEARANCE.



KARUNA YANTRA

## **SECTION 4: TEARING THE VEILS OF ILLUSION**

**(COMPASSION COMES WITH WISDOM)**

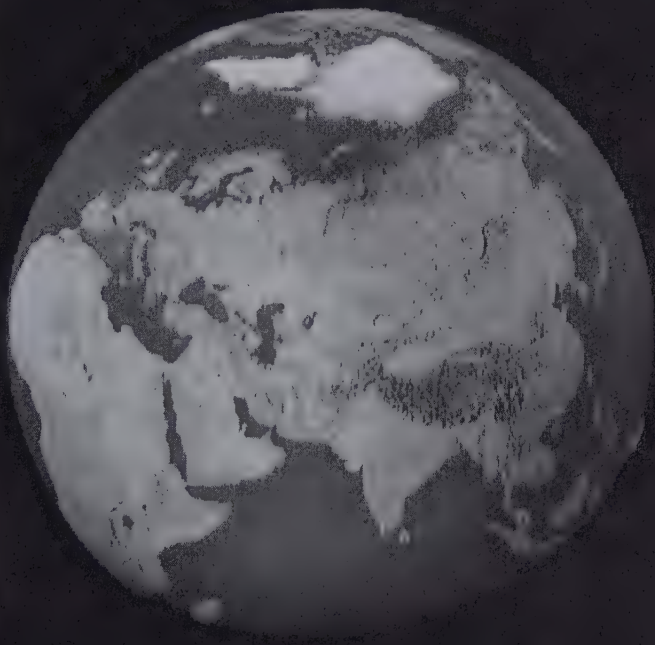
### **KARUNA YANTRA:**

**This yantra is a doorway to the heart of compassion, a must for one intent on the path towards total enlightenment.**

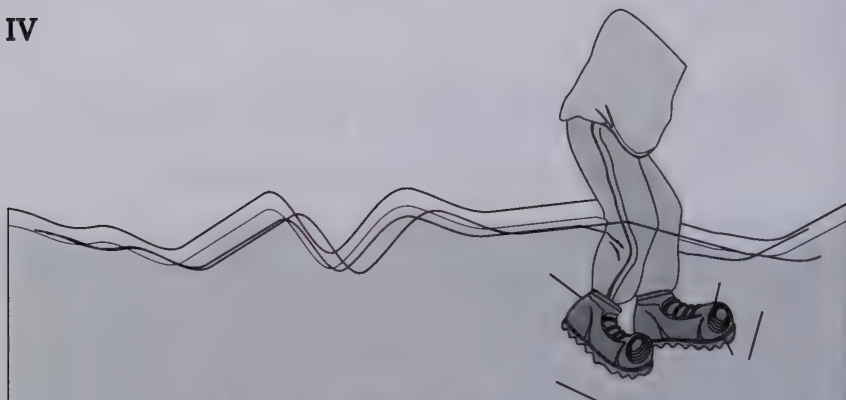
**When a soul is able to break through the accepted illusions of the human condition and experience the bliss of Reality, a deep compassion for those still bound is awakened in that soul.**



**<sup>1</sup>TO THE IGNORANT THE WORLD  
IS FULL OF SORROW,**



**<sup>2</sup>TO THE WISE THE SAME WORLD  
IS FULL OF BLISS.**



**SINKING DEEPER<sup>3</sup> AND DEEPER  
INTO THE CONDITIONING, ONE  
GETS INVOLVED IN THE WORLD-  
APPEARANCES.**

**<sup>4</sup>WHEN THE CONSCIOUSNESS FORGETS  
ITSELF AND UNDERGOES CONDITION-  
ING, IT IS KNOWN AS THE MIND.**

**<sup>5</sup> WHEN CONSCIOUSNESS GIVES BIRTH  
TO THE MIND, BIRTH AND DEATH  
ARISE.**

**<sup>6</sup> IT IS THE STATE OF THE MIND THAT  
DETERMINES THE NATURE OF  
ONE'S REINCARNATION.**

# MIND

- 7 **WHEN THE MIND GIVES UP THE  
SUBJECT-OBJECT RELATIONSHIP  
WITH THE WORLD, IT GETS  
ABSORBED IN THE INFINITE.**



- 8 **REALITY IS VEILED BY THE  
MIND AND REVEALED  
WHEN THE MIND CEASES.**

- 9 **THE MIND HAS NO EXISTENCE  
APART FROM THE INFINITE  
CONSCIOUSNESS.**

- 10 **THIS MIND IS NOTHING BUT  
IDEAS AND NOTIONS.**

- 11 **WHEN THE CONDITIONED MIND  
CEASES, ALL DESIRES,  
ATTACHMENTS AND  
IGNORANCE COME TO  
AN END.**

12 DO NOT **LOOK** UPON THIS  
DIVERSITY AS THE **SELF**.

13 BETWEEN THE SEER AND THE OBJECT  
LIES THE TRUE  
REALITY.

14 WHEN ONE KNOWS THAT THIS  
WORLD IS THE **SELF** IN REALITY,  
ALL SORROW LEAVES.



15 **THIS WORLD IS THE SELF.**

16 **CONSCIOUSNESS REFLECTS  
CONSCIOUSNESS**

**YET**

**THE IGNORANT THINK THAT THEY  
ARE SEPARATE FROM CONSCIOUSNESS.  
THAT THEY CAME INTO BEING  
AND  
THERE EXISTS SOMETHING  
OTHER THAN THIS CONSCIOUSNESS.**

17 **THIS CONSCIOUSNESS IS NOT  
CREATED, NOR DOES IT PERISH,  
IT IS ETERNAL AND THE WORLD  
APPEARANCE IS SUPERIMPOSED  
ON IT.**

18 **WHEN CONSCIOUSNESS REFLECTS  
ON ITSELF THERE ARISES THE  
'I AM' NOTION AND IT OPENS TO  
DIVERSITY.**

- 19 **ABANDON ALL NOTIONS LIKE,  
'THIS I AM' AND 'THIS I AM NOT'  
AND REALIZE THAT 'ALL THIS  
IS INDEED GOD' THE INFINITE  
CONSCIOUSNESS.**



- 20 **IN THAT SPIRIT ONE SHOULD  
WORSHIP THE SELF.**

- 21 **ABANDON THE DISTINCTION BETWEEN  
DESIRABLE AND UNDESIRABLE. USE  
THE DISTINCTION FOR MATERIALS  
OF WORSHIP.**

- 22 **EQUANIMITY IS SWEETNESS  
ITSELF AND THIS SWEETNESS  
IS BEYOND THE SENSES  
AND THE MIND.**



- 23 **WHATEVER IS TOUCHED BY THAT  
EQUANIMITY INSISTENTLY  
BECOMES SWEET.**



24 **IN REALITY THERE IS NO DIVISION  
BETWEEN THE WORSHIPPER,  
WORSHIP, AND THE WORSHIPPED.**

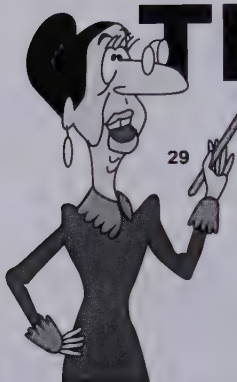
25 **KNOWLEDGE OF THE TRUE SELF  
ALONE IS THE PROPER WORSHIP  
OF THE TRUE COSMIC SELF.**

26 **WORSHIP THE SELF BY THE SELF.  
CONSIDER THAT ALL YOUR EXPERIENCES  
AND EXPRESSIONS ARE THE WORSHIP OF  
THE SELF.**

27 **THAT WHICH IS, AFTER ALL THE SENSES  
HAVE CEASED TO FUNCTION AND ALL  
NOTIONS OF PLEASURE AND PAIN HAVE  
VANISHED, THAT IS THE SELF.**

28 **IT IS ONLY THE SELF THAT BECOMES  
AWARE OF THE SELF.**

# THE REAL TEACHER



**29 SELF-KNOWLEDGE IS  
NOT THE RESULT OF  
THE TEACHINGS OF  
A SPIRITUAL GUIDE.**

**30 THE TEACHER HAS A MIND AND  
SENSES, THE SELF OR GOD IS  
BEYOND THE MIND AND SENSES.**

**31 ONLY WHEN THE INSTRUCTIONS,  
( THE HIGHER TEACHINGS OF  
KNOWLEDGE) THE GURU AND  
THE TRUE DISCIPLESHIP COME  
TOGETHER IS SELF-  
KNOWLEDGE ATTAINED.**

<sup>32</sup> **THIS INFINITE CONSCIOUSNESS IS NOT AN EXPERIENCE OF THE MIND OR THE SENSES. IT IS INCAPABLE OF BEING TAUGHT. IT IS ATTAINED BY DIRECT EXPERIENCE ONLY.**

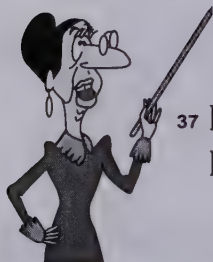


<sup>33</sup> **ONE SHOULD EXPERIENCE THE SELF IN ALL THAT IS SEEN.**

<sup>34</sup> **THE SELF IS NEITHER THE BEGINNING NOR THE END, BECAUSE IT IS EVERYWHERE AND ALWAYS PRESENT.**

<sup>35</sup> **ONE CAN BE FREE FROM THE SENSE OF I-NESS AND MINE-NESS WHILE BEING ENGAGED IN DIVERSE ACTIVITIES.**

- 36 **HE WHO TAKES THIS EGOTENSE  
AND THIS ILLUSION OF CREATION  
TO BE REAL,--- HE IS NOT READY  
FOR THE HIGHER TEACHINGS.**



- 37 **MENTAL CONDITIONING IS  
ILLUSORY NON-BEING.**

- 38 **SELF-KNOWLEDGE IS YOUR  
WEAPON AGAINST THOUGHTS  
GETTING ATTACHED IN YOUR  
MIND.**

- 39 **THE SELF IS ONE, AND IT  
HAS BECOME MANY.**

- 40 **WHEN CONSTANT AND UNCEASING  
REMEMBRANCE OF THE SELF  
HAPPENS, FREEDOM IS ATTAINED.**

## IV

**<sup>41</sup> NO BOOK, NO PLACE, AND NO PERSON  
IS CAPABLE OF GIVING YOU THE  
KNOWLEDGE OF THE INFINITE  
CONSCIOUSNESS.**



**<sup>42</sup> YOU HAVE TO EXPERIENCE IT ON YOUR OWN.**

## IV

**43 HE WHO LEARNS ABOUT THE  
SELF AND REALIZES IT  
OBTAINS ALL THE WORLDS.**

**44 AN OBJECT GIVES YOU PLEASURE  
ONLY WHEN IT IS DESIRED. SO THE  
PLEASURE BELONGS TO THE  
DESIRE,  
SO**



**GIVE UP DESIRE.**

**45 LET HOPES CEASE AND LET NOTIONS  
VANISH, LET THE MIND REACH THE  
STATE OF NO-MIND WHILE YOU  
LIVE UNATTACHED.**

**46 THIS EGOSENSE GIVES RISE TO  
THE NOTIONS OF TIME AND  
SPACE.**



**47 WORLD-ILLUSION HAS ARISEN  
BECAUSE OF THE MOVEMENT  
OF THOUGHT IN YOUR MIND.**

**48 THE MIND OF THE KNOWER  
OF TRUTH IS NO-MIND.**

**49 THE WORLD-APPEARANCE ARISES  
AND CEASES WITH THE SLIGHTEST  
MOVEMENT IN THE MIND.**

**50 WHEN THE KNOWER, KNOWN AND  
KNOWLEDGE MERGE IN ONE SELF,  
ONE DOES NOT GENERATE  
SEPARATION WITHIN.**

**51 WHEN THE REALITY IS SEEN,  
GOD ALONE EXISTS.**

**52 THE INFINITE CONSCIOUSNESS COVERS  
EVERY PART OF THE ENTIRE UNIVERSE,  
AND THE UNIVERSE EXISTS IN THE  
INFINITE CONSCIOUSNESS.**

**53 WHATEVER IS SEEN, HEARD, TOUCHED,  
SMELT AND TALKED ABOUT, IN ALL  
THE WORLDS IS GOD.**

**54 WHERE ONE SEES ANOTHER, HEARS  
ANOTHER, KNOWS ANOTHER,...  
THERE IS THE FINITE.**



**55 WHERE ONE  
SEES NOTHING BUT=== THE ONE  
HEARS NOTHING BUT=== THE ONE  
KNOWS NOTHING BUT=== THE ONE**

**THERE IS THE INFINITE.**

56 **THE SELF IS ONE,  
AND IT HAS BECOME  
ALL THINGS.**



57 **WHEN ONE REALIZES THE  
NIGHT BECOMES DAY, FOR THE  
WORLD OF GOD IS LIGHT ITSELF.**

58 **WHEN THE NOTION OF 'I' ARISES,  
IT IS KNOWN AS EGOSENSE.**



59 **WHEN THERE ARE THOUGHTS,  
IT IS KNOWN AS THE MIND.**



60 **WHEN THERE IS AWARENESS,  
IT IS KNOWN AS INTELLIGENCE.**



61 **THE SELF IS ALL-- IN-- ALL  
ALL THE TIME.**

62 **SO LONG AS ONE ENTERTAINS  
THE FALSE NOTION OF 'I' AND  
'MIND,' SORROW DOES NOT  
COME TO AN END.**

63 **A PURE AND WELL-DISCIPLINED MIND  
IS A SURE MEANS FOR ATTAINING  
KNOWLEDGE OF THE SELF.**

64 **RENOUNCE THE FRUITS OF ACTION  
BY YOUR MIND.**

65 **ONE SHOULD ANNIHILATE ONE'S  
LOWER MIND THROUGH THE  
HIGHER MIND.**

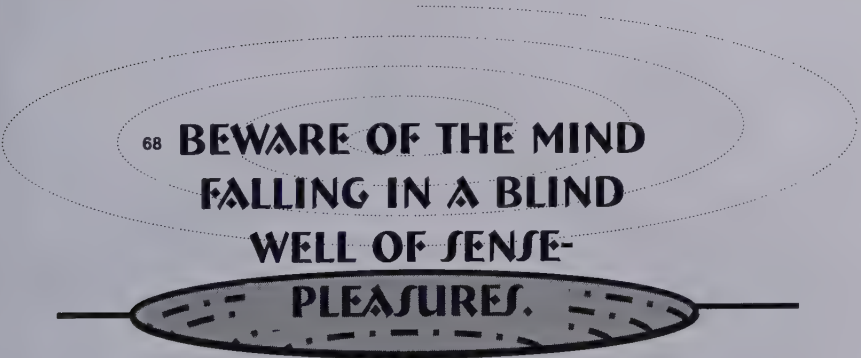
66

**CRAVING DESTROYS WISDOM.**

**67 ONE IS LOST IN SATISFYING SENSUAL  
PLEASURES WITHOUT THE  
KNOWLEDGE OF THE  
SELF.**

68

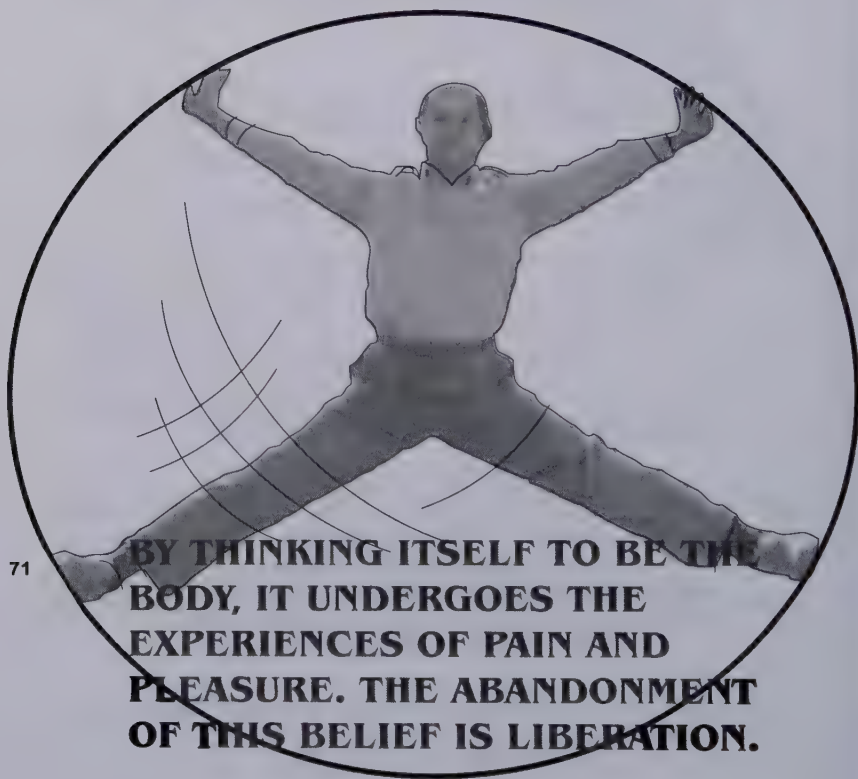
**BEWARE OF THE MIND  
FALLING IN A BLIND  
WELL OF SENSE-  
PLEASURES.**



69

**THERE IS NO OTHER WAY OF CROSSING  
THIS OCEAN OF ILLUSION,  
BUT  
BY SELF-KNOWLEDGE.**

**70 THE BODY IS A REFLECTION  
OF THE TRUE SELF.**



**72 ONE WHO THINKS THE BODY IS  
THE DOER IS A SLAVE TO  
ATTRACTION AND IS BOUND  
BY IT.**

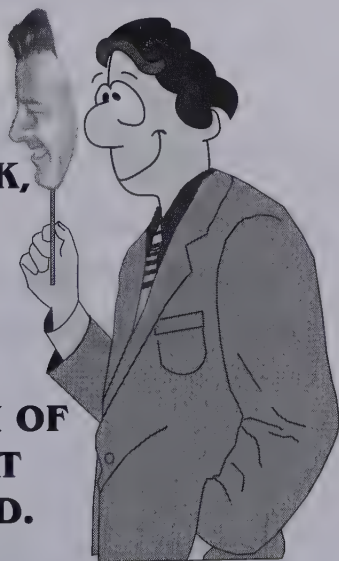


**73 NON-ATTRACTION IS THE  
NON-JUDGEMENT OF  
LOVE AND HATE IN  
THIS UNIVERSE.**

**74 CONVICTION IN THE REALITY OF THE  
BODY IN ONE WHO HAS ABANDONED THE  
DISTINCTION BETWEEN THE BODY  
AND THE SELF, IS KNOWN AS  
CONDITIONING.**

**75 MENTAL CONDITIONING  
MAKES ONE WEAR A MASK,  
HIDING ONE'S TRUE  
IDENTITY.**

**76 IT IS BY THE REJECTION OF  
THE CONDITIONING THAT  
BONDAGE IS ELIMINATED.**



**77 CONDITIONING IS THE  
CAUSE OF ALL SORROW.**

**78 THIS UNIVERSE HAS BEEN CONJURED  
UP IN EMPTY SPACE MERELY BY  
MENTAL CONDITIONING, IT IS NOT  
A REALITY.**

**79 THE MIND IS NOTHING BUT THE  
FLUCTUATION OF PRANA. IF THE  
PRANA IS CONTROLLED, THE  
MIND IS ALSO CONTROLLED.**

**80 THE MOTION OF PRANA CAN  
BE STOPPED BY REGULAR  
PRACTICE OF PRANAYAMA.  
(BREATH CONTROL)**



**81 ONE-POINTED MEDITATION  
WILL SUPPRESS THE BREATH.**

## IV

**82 KEEP THE MIND UNATTACHED  
TO ANY ACTION, THOUGHT  
OR OBJECT.**

**83 GOD REFLECTS ITSELF WITHIN  
ITSELF AND CONCEIVES OF  
ITSELF AS A DUALITY.**

**84 THE TRUE SELF TRANSCENDS  
TIME AND SPACE.**

**85 GOD ALONE EXISTS EVERYWHERE  
WITHOUT A BEGINNING, MIDDLE  
OR END.**

**86 GOD PERVADES THE  
WHOLE WORLD.**



87

**IT IS IGNORANCE THAT CAUSES  
OUR BIRTH AND PAIN.**

88 **KNOWLEDGE LIBERATES US  
FROM BIRTH AND PAIN.**

89 **SEE THE ONE SELF  
EVERYWHERE.**

90 **KNOW THE UNITY AMIDST  
DIVERSITY.**

91 **GOD IS THE ONLY IMPERISHABLE  
SUBSTANCE WHICH EXISTS FROM  
THE FIRST TO THE LAST.**

**92 THE INDIVIDUAL SOUL AND  
ALL OBJECTS ULTIMATELY MERGE  
THEMSELVES INTO THE ONE GOD.**

**93 GOD HIMSELF MANIFESTS AS  
NAMES AND FORMS THROUGH  
THE MIND.**

**94 WHEREVER THE WORLD IS SEEN,  
THAT IS BUT AN ILLUSORY  
WORLD-APPEARANCE.**



**95 MENTAL CONDITIONING  
IS BONDAGE.**

- 96 **THE WHOLE UNIVERSE IS  
BUT THE MANIFESTATION  
OF THE ENERGY OF  
INFINITE CONSCIOUSNESS.**



- 97 **THE STATE OF ONE WHO IS LIBERATED  
WHILE LIVING IS TURIYA (DEEP SLEEP)  
IN WAKE-FULLNESS.  
(THE STATE OF TOTAL FREEDOM.)**

- 98 **THE STATE THAT WORDS CANNOT  
DESCRIBE IS THE STATE BEYOND  
TURIYA.**

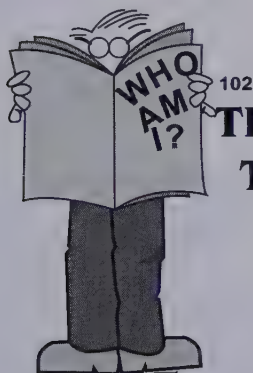
- 99 **FREE FROM SORROW, FEAR AND  
DELUSION OF WORLD-APPEARANCE---  
THAT IS TURIYA.**



## IV

100 **ONE WHO REACHES THE TURIYA STATE IS FREE AND DOES NOT FALL INTO ERROR AGAIN.**

101 **ONE WHO IS LIBERATED DOES NOT HAVE NOTIONS OF 'I AM SO AND SO' OR 'THIS IS MINE'**



102 **THERE IS NO DUALITY IN THE LIBERATED MIND.**

103 **THE SELF IS CONSCIOUSNESS PURE, ETERNAL, SELF-LUMINOUS AND FREE FROM CHANGE.**

104 **THE BODY HAS NO RELATIONSHIP WITH THE SELF.**

**105 THE TRUTH IS... THERE IS NO  
BONDAGE NOR LIBERATION  
AT ANY TIME FOR ANYONE  
ANYWHERE.**

**106 ALL THIS IS BUT ONE INFINITE  
CONSCIOUSNESS.  
CONCEPTS OF  
'I AM HAPPY' OR 'I AM UNHAPPY'  
OR  
'I AM SMART' OR 'I AM IGNORANT'  
BRING ENDLESS SORROW.**

**107 THE MIND ALONE IS THE CAUSE  
FOR THE APPEARANCE OF THE  
WORLD.**

**108 CONSCIOUSNESS IS OMNIPRESENT  
AND INFINITE.**

109 **IF THE MIND IS INCLINED TOWARDS  
OBJECTS,  
BONDAGE IS STRENGTHENED.**

110 **DO EVERYTHING AS AN OFFERING  
TO GOD.**

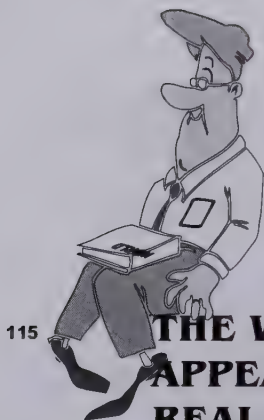
111 **PERFORM ALL YOUR ACTIONS  
AS AN OFFERING TO HIM.**

112 **GOD ALONE IS ALL**

113 **LET THE EYES SEE  
LET THE EARS HEAR  
LET THE SKIN FEEL  
LET THE TONGUE TASTE  
WHERE IS THE 'I' IN ALL THIS?**



114 **WHEN THE 'I' ASSUMES DOERSHIP,  
THEN YOU ARE POLLUTED BY  
THE EGOSENSE.**



115 **THE WORLD IS ONLY AN  
APPEARANCE. IT IS IN  
REALITY EMPTINESS,  
VOID AND UNREAL.**

116 **THE INFINITE IS UNDIVIDED, YET  
IT APPEARS TO BE DIVIDED ON  
ACCOUNT OF THE 'I' FEELING.**

117 **WHEN ONE SEES GOD IN ALL FORMS  
AND  
WHEN ONE ABANDONS ALL  
DELUSION OF DUALITY,  
THAT IS SURRENDERING OF THE SELF  
TO THE LORD.**

## THE GITA (KRISHNA)

118 **"I AM THE ONE AND I AM THE MANY."**

119 **"SURRENDER YOUR MIND TO ME,  
BE DEVOTED TO ME. SERVE ME,  
MAKE ME BE YOUR SUPREME  
GOAL AND YOU WILL REACH ME."**

120 **GOD HAS TWO FORMS, ONE YOUR  
SENSES CAN SEE AND THE OTHER,  
THE SUPREME FORM, HAS NO  
BEGINNING OR ENDING. IT IS ONE  
WITHOUT A SECOND.**

121 **BEHOLD THE SELF IN ALL AND  
ALL IN THE SELF.**

122

**YOU SHALL RETURN AGAIN AND AGAIN  
TO THIS PLANE OF BIRTH AND DEATH  
UNTIL YOU GET IT RIGHT.**

DO YOU  
GET IT?

123

**ONE UNDERGOES BEING BORN  
AGAIN AND AGAIN  
IN ACCORDANCE  
WITH THE RESULTS OF  
PAST ACTIONS.**



124

**LIFE AND DEATH GOES ON  
AGAIN AND AGAIN UNTIL YOU ARE  
ENLIGHTENED BY  
SELF-KNOWLEDGE.**





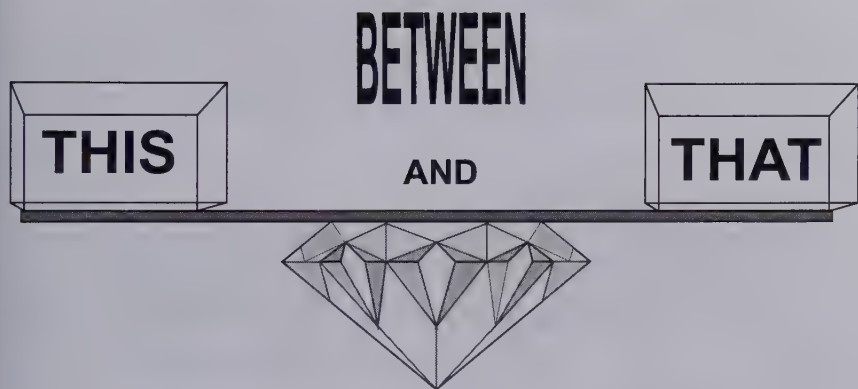
KUUTASTHAM YANTRA

## **SECTION 5: UNCHANGING BALANCE OF REALITY**

### **KUUTASTHAM YANTRA:**

**This yantra depicts the law of balance-  
Yin/Yang; darkness/light; male/female;  
all dualistic forces making up this universe.  
The key is to live a life of equanimity (unchanging)  
in pleasure and pain and all the rest  
of the pairs of opposites while in this  
world, yet be not of it.**

**One develops equanimity through  
cultivation of dispassion.**



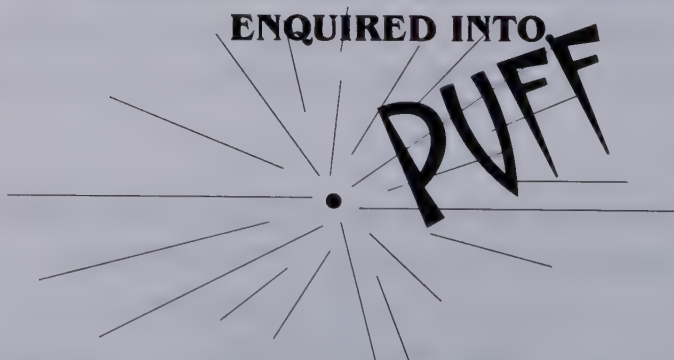
**<sup>1</sup> IS THAT INFINITE CONSCIOUSNESS,  
THE ESSENTIAL NATURE OF ALL BEINGS.  
THAT IS THE SUPREME STATE OF THE SELF.**

**<sup>2</sup> REST IN THE SPACE BETWEEN OPPOSITES  
REMAIN CONTENT, INTENT ONLY  
ON THAT ONE REALITY  
BEYOND DUALITY.**

**3 THIS WORLD-APPEARANCE IS BUT  
A NOTION AND IT IS UTTERLY  
DISPELLED BY ENQUIRY.**

**4 THE INDIVIDUAL PERSONALITY IS  
MENTAL CONDITIONING WHICH  
DISAPPEARS ON INVESTIGATION.**

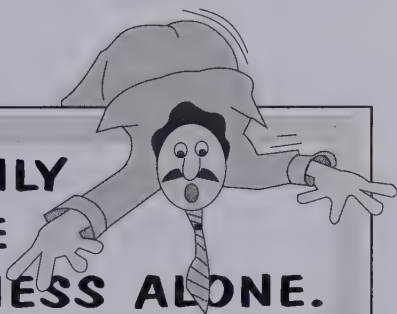
**5 THE CONDITIONED STATE OR BEING  
SEEMS TO BE A REAL NOTION. IT IS  
NOT REAL. IT VANISHES WHEN  
ENQUIRED INTO.**



**6 COME, ABANDON THE MIND, INTELLECT,  
AND THE EGOTENSE AND BE** **FREE.**


**7 THERE IS NEITHER THE SUBJECT(SEER)  
NOR AN EXPERIENCE (SEEN).**

**8 THERE IS ONLY  
THE INFINITE  
CONSCIOUSNESS ALONE.**



**9 WHEN THE MIND IS FREED OF ALL  
NOTIONS THAT LIMIT THE  
UNCONDITIONED CONSCIOUSNESS,  
THERE IS NO ROOM FOR DUALISTIC  
THINKING.**

**10 NOTIONS GIVE RISE TO OBJECTS,  
AND WHEN THE NOTIONS ARE  
ABANDONED,  
THE OBJECTS CEASE TO BE.**

- 11 THE UNCONDITIONED STATE IS  
FREEDOM OR  
THE ENLIGHTENED STATE.**
- 12 WHEN THERE IS MOVEMENT IN  
THE INFINITE CONSCIOUSNESS,  
THE NOTIONS OF  
' I ' AND 'THE WORLD' ARISE.**
- 13 WHEN ONE REALIZES THAT 'I' AND  
'THE WORLD' ARE ALL PART OF  
THAT SELF OR INFINITE ONE,  
ONE SEES CLEARLY.**
- 
- IF NOT,**
- THE WORDS TURN  
TO DUALISTIC.**





14    **ANY MOVEMENT IN THE  
UNCONDITIONED IS NOT  
A REAL ENTITY AND  
ANY NOTIONS COMING  
OUT OF THAT MOVEMENT  
ARE INDEED NOT REAL.**

15    **THE EGOSENSE ARISES WHEN  
ITS EXISTENCE IS CONCEIVED.  
WHEN THAT CONCEPT IS REJECTED,  
THE EGOSENSE CEASES TO BE.**

16    **WHEN THE CONDITIONING OF  
CONSCIOUSNESS DROPS  
AWAY, THERE IS NO SORROW.**

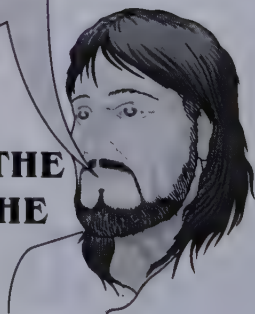


**AND ONE IS FREE**

- 17 **WHEN YOU REALIZE THAT  
THE 'I' DOES NOT EXIST,  
THEN YOUR UNDERSTANDING OF  
GOD DOES EXIST.**
- 18 **THE 'WORLD' AND THE 'I' EXIST  
ONLY AS CONCEPTS.**
- 19 **THE 'WORLD' AND THE 'I' CEASE  
TO BE WHEN ONE ENQUIRES**

**'WHO AM I'?**

- 20 **THE REALIZATION OF THE  
NON-EXISTENCE OF THE  
'I' IS LIBERATION.**



# THE REAL KNOWLEDGE

<sup>21</sup> **EQUANIMITY IN PLEASURE AND PAIN.**

**&**

**UNATTACHMENT TO FRIENDS,  
LOVED ONES, AND ALL FORMS**

**&**

**SEEING THE TRUTH THAT  
ALL IS ONE.**

## **ALL THIS IS SELF-KNOWLEDGE**

<sup>22</sup> **KNOW THAT THE SELF  
ALONE IS REAL.**

<sup>23</sup> **ONLY WHEN THE EGOSENSE IS  
THINNED OUT DOES THIS  
SELF-KNOWLEDGE ARISE.**

**24 ONLY BY SELF-EFFORT,  
AND TURNING AWAY FROM THE  
PURSUIT OF PLEASURE, IS  
THE REAL KNOWLEDGE  
ATTAINED.**

**25 ONE SHOULD  
ENQUIRE  
UNTIL THE END OF  
ONE'S LIFE THE  
QUESTIONS...**



**"WHO AM I?"**

**"HOW DID THIS 'WORLD' APPEAR?"**

**"WHAT IS THIS INDIVIDUAL  
PERSONALITY OF MINE?"**

**&**

**FIND OUT WHAT THIS  
LIFE IS ALL ABOUT.**



26 **IF ONE WISHES TO GET RID  
OF THE PLEASURES,  
THE ONLY THING TO DO  
IS TO GET RID OF THE  
DESIRES.**



27 **WHEN THE PURSUIT OF PLEASURE  
IS ABANDONED, THEN ONE CAN  
ABANDON ALL CONCEPTS (IDEAS)  
EASILY**

28 **ONE WHO HAS DESIRES UNDERGOES  
PLEASANT AND UNPLEASANT  
EXPERIENCES.**

**29 IN ALL EMBODIED BEINGS, THERE  
ARE TWO FORMS OF DISEASE:  
DISEASE OF THE BODY AND  
DISEASE OF BEING IGNORANT  
(IGNORANCE OF THE SELF).**

30

**THERE IS NO OTHER REMEDY TO GET  
RID OF THE DISEASE OF IGNORANCE  
OTHER THAN STOPPING THE PURSUIT  
OF PLEASURE.**



**CHEESE!**

31

**THE FOOL WHO REVELS IN PLEASURE  
INVITES SORROW AND MISFORTUNE.**

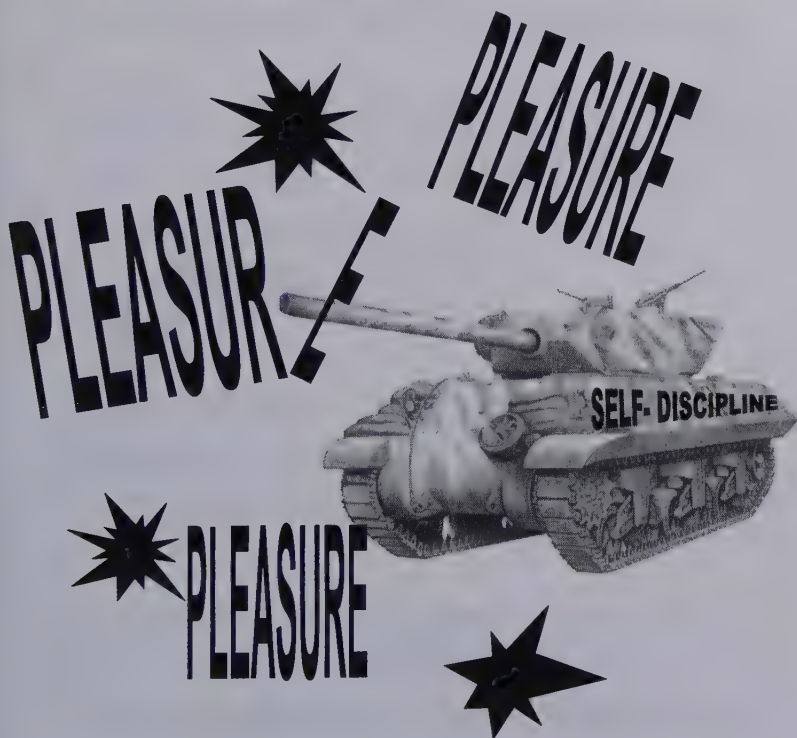
The only "free" cheese is in the trap?

**PLEASURE IS A TRAP**

**32 USE THE WEAPON OF SELF-DISCIPLINE  
TO DESTROY THE WANT FOR PLEASURE.**




# 33 THIS IS WAR ON PLEASURE



**WITH THE HELP OF SELF-KNOWLEDGE  
AND THE WEAPON OF SELF-DISCIPLINE.**

34 **GOD IS BEYOND ALL DESCRIPTION,  
BEYOND ANY WORDS  
DESCRIBING FORMS OF NATURE.**

35 **WHEN ALL THOUGHTS AND IDEAS  
ARE ABANDONED,**

**GOD IS** 

36 **ALL SUCH CONCEPTS CONCERNING  
THE NATURE OF DIVERSE OBJECTS  
ARE OFFSHOOTS OF DELUSION.**

37 **AWAKEN!**

**REALIZE THAT THIS IGNORANCE  
ITSELF  
IS  
NON-DIFFERENT FROM GOD.  
THEN  
THE DIVISION DISAPPEARS.**

38 **IN THE SUPREME SELF, THE 'I'  
AND 'THE WORLD' DO NOT  
EXIST.**

39 **THERE IS NEITHER AN 'I' NOR 'THE  
WORLD' NOR EVEN 'GOD.' ALL THESE  
ARE WORDS. THE ONLY REALITY IS  
BEYOND WORDS...**

**BUT**

40 **FOR THE SAKE OF INSTRUCTION,  
DEFINITIONS ARE COINED.**

41 **YOUR UNDERSTANDING AND  
INNER EXPERIENCE ARE  
PERSONAL AND UNIQUE.**

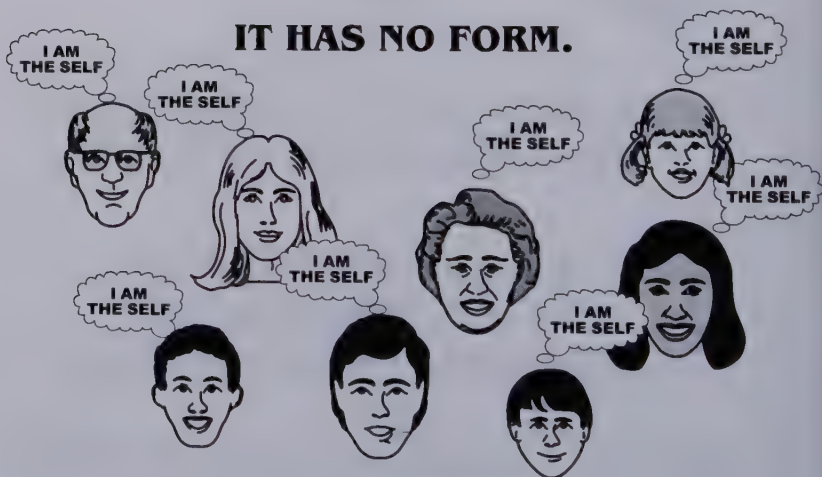
42 **THE ONLY TRUTH THERE IS, IS THAT  
ABSOLUTE CONSCIOUSNESS  
ALONE EXISTS - THE SELF OF ALL  
THAT IS - AND NOTHING ELSE.**

43 **IT IS CONSCIOUSNESS AS THE  
SELF THAT IS AWARE OF  
EVERYTHING IN THE UNIVERSE.**

44 **IT IS THE SELF THAT SEES THIS  
UNIVERSE WITHIN ITSELF AS IF  
THE UNIVERSE HAD A FORM.**

**BUT**

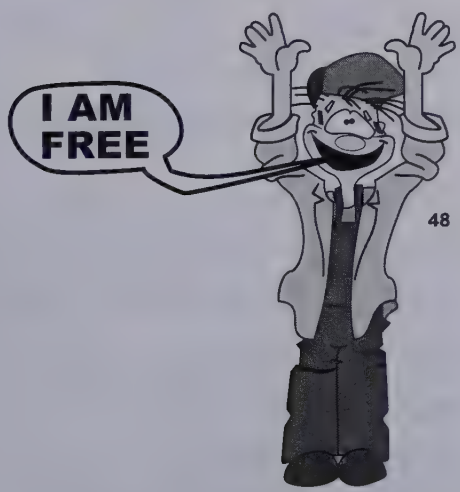
**IT HAS NO FORM.**



45 **IT IS THE ONE SELF THAT APPEARS  
AS THE MANY.**

46 **DUALISTIC EXPERIENCE IS  
BONDAGE, AND  
LIBERATION  
IS ITS ABANDONMENT.**

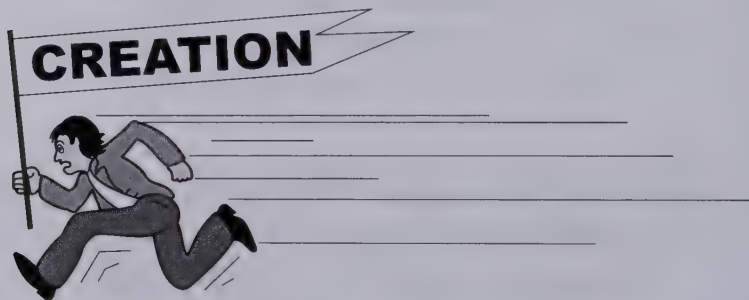
47 **BE FREE AND ABANDON ALL  
DIVISIONS BETWEEN THE  
SEER (SUBJECT) AND THE  
SEEN (OBJECT).**



48 **IT IS ONLY THE  
'SELF'  
AND NOTHING  
ELSE.**

49 **LET THE OBSERVER  
AND  
THE OBSERVED CEASE.**

**50 MOVEMENT IN CONSCIOUSNESS  
IS CONSIDERED CREATION**



**51 WHEN THAT MOVEMENT IN  
THOUGHT, WORD, AND DEED  
IS SEEN TO BE FALSE  
(THERE IS ENLIGHTMENT).**

**52 SEE ACTION IN INACTION  
AND INACTION IN ACTION.**

**53 THE ENTIRE UNIVERSE IS  
ABSOLUTE GOD,  
WITHOUT  
ANY DIVISION WHATSOEVER.**

**54 GOD IS UNCONDITIONED**

**THE GREAT ILLUSION**

<sup>55</sup> **GOD ALONE EXISTS AS IF IT WERE  
THE WORLD;**

<sup>56</sup> **CONSCIOUSNESS AS IF IT WERE INERT;**

<sup>57</sup> **THE ONE AS IF IT WERE DIVIDED;**

<sup>58</sup> **THE SELF AS IF IT WERE AN OBJECT;**

<sup>59</sup> **THE ETERNAL AS IF PERISHABLE;**

<sup>60</sup> **THE SELF AS IF IT WERE THE NOT-SELF.**



61 **WHATEVER BE THE ACTIVITY YOU  
ARE ENGAGED IN, REMAIN  
ESTABLISHED IN THE  
UNCONDITIONED  
SELF.**

62 **THE CHARACTERISTIC OF IGNORANCE  
IS THAT IT IS NOT FOUND ON ENQUIRY.  
ONCE  
IT IS OBSERVED AND PERCEIVED,  
IGNORANCE BECOMES KNOWLEDGE.**

63 **THE INFINITE, BEING UNCONDITIONED,  
APPEARS NOT TO EXIST TO THE  
SPIRITUALLY BLIND,  
WHO SEE ONLY  
THE ILLUSION OF THE OUTER WORLD.**

64 **IN THE INFINITE  
THERE IS NO DIVISION AS  
DOER, ACTION,  
INSTRUMENT, OR CAUSE.**

65 **THE INFINITE EXISTS AS  
ALL  
EVERYWHERE AT ALL TIMES.**

66 **THE INFINITE IS INVISIBLE,  
BUT  
EVER IN FRONT OF YOU.**

67 **I AM AND I AM EVEN THE NOTION  
'I AM NOT.' IF THERE IS ANOTHER,  
THAT TOO  
I AM.**

68

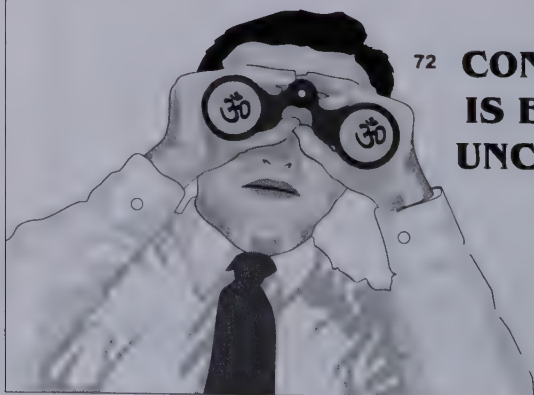
**YOU LOOK UP IN THE SKY. YOU  
SEE MILLIONS OF STARS  
AS IF THEY ARE THE  
INFINITE CONSCIOUSNESS...  
BUT NO SUCH DIVISION IS  
POSSIBLE IN IT.**

69 **IT IS AS IF THE CONSCIOUSNESS  
WISHED TO SEE ITSELF AND THUS  
BECAME ITS OWN MIRROR IN  
WHICH IT REFLECTED ITSELF  
WITHOUT ANY INTENTION.**

70 **THE ARISING OF DESIRE IS SORROW  
AND THE END OF DESIRE IS  
SUPREME JOY**



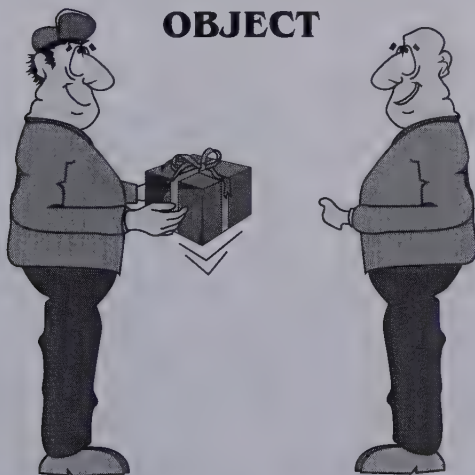
71 **THE MIND IS DESIRE AND THE END OF  
DESIRE IS LIBERATION. THIS IS THE  
ESSENCE OF ALL SCRIPTURES.**



72 **CONSCIOUSNESS  
IS ETERNAL AND  
UNCONDITIONED.**

73 **IF THERE IS NO DISTINCTION, NO  
RELATIONSHIP BETWEEN GAIN OF  
AN OBJECT AND IT'S POSSESSOR,  
HOW IS AN UNREAL SUBSTANCE  
GAINED?-----**

74 **ONE WHO IS GETTING AN OBJECT  
AND ONE WHO IS GIVING AN  
OBJECT**



**IS THE SAME SELF. THE GIVING  
AND THE GETTING OF THE SAME  
ILLUSIVE OBJECT IS THE DREAM  
OF THE SELF.**

# DESIRE

75

**DESIRE ALONE IS THE WORLD-APPEARANCE.  
IT IS A PROJECTION OF ONE'S DESIRE;  
ITS NON-COGNITION IS LIBERATION.**

76

**ONE SHOULD DILIGENTLY STRIVE  
TO OVERCOME DESIRE. ALL ELSE  
IS USELESS.**

77

**IF YOU FEEL IT IS IMPOSSIBLE TO  
OVERCOME DESIRE BY YOUR OWN  
WISDOM, THEN OF WHAT USE IS  
THE STUDY OF SCRIPTURES, OR  
HAVING A TEACHER?**

78

**TAKE IT UPON YOURSELF AND  
UNDERSTAND YOU MUST  
DESTROY THIS ENEMY KNOWN  
AS DESIRE.**

79 **ONCE THIS RESTLESSNESS CAUSED  
BY DESIRE IS RESTRAINED, THEN  
VERY LITTLE EFFORT IS NEEDED  
TO ATTAIN SELF-KNOWLEDGE.**

80 **STRIVE BY EVERY MEANS  
TO OVERCOME DESIRE.**

81 **LET THE SEED OF DESIRE BE BURNT  
IN ONE'S OWN HEART BY THE FIRE  
OF PEACE, EQUANIMITY AND  
SELF-CONTROL.**

82 **WITH THE ARISING OF  
DESIRE,  
BONDAGE ARISES.**

83 **YOGA IS GETTING RID OF THE  
POISON OF DESIRE.**



**84 WHEN THE DESIRE IN YOU IS  
WEAKENING AT A CONSTANT  
PACE, YOU ARE REGARDED AS  
A CANDIDATE FOR LIBERATION.**

**85 TO BE HAPPY IN THE WORLD,  
YOU MUST DESTROY THIS  
DREADFUL DISEASE KNOWN  
AS**

**DESIRE**

**86 NOTHING BUT THE KNOWLEDGE  
OF THE TRUTH IS EFFECTIVE  
IN GETTING RID OF DESIRE.**



87

THE PATH OF TRUTH  
INSPIRES HARMONY...



88 **THE ROAD OF THE IGNORANT  
IS FILLED WITH ROUGH SPOTS.**



89

**WHEN THE DISTINCTION BETWEEN  
THE SEER, THE ACT OF SEEING,  
AND THE SEEN IS UNDERSTOOD TO  
BE NON-EXISTENT (THE EGOSENSE),  
THEN THEY MERGE IN THE**

**SELF.**

90

**IN LIBERATION THERE IS  
NO SEER, NO SIGHT AND  
NO SEEN.**



91

**WHEN YOU AFFIRM THE REALITY OF  
THE ILLUSORY APPEARANCE,  
YOU INVITE UNHAPPINESS.**

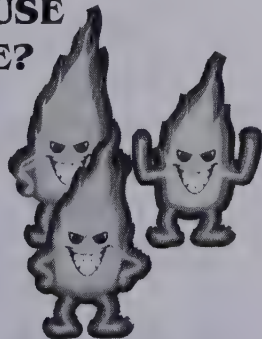
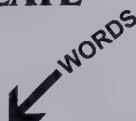
92

**SINCE THE ONE INFINITE  
CONSCIOUSNESS ALONE IS REAL,  
THERE CANNOT BE A CAUSE  
NOR AN EFFECT RELATIONSHIP  
BETWEEN ANY TWO THINGS.**

93

**CAUSE AND EFFECT ARE MERE  
WORDS WHICH INDICATE  
NOTHING.**

**WHAT IS THE CAUSE  
OF HEAT IN FIRE?**



94

**ONCE THE TRUTH IS REALIZED,  
THEN DESIRE IS GOD AND  
NOTHING ELSE.**

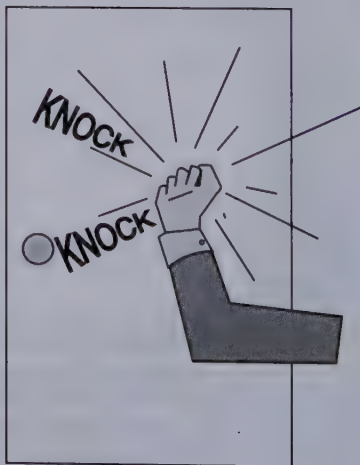
95 **AT THE VERY MOMENT DESIRE  
CEASES, SELF-KNOWLEDGE  
EMERGES.**

96 **WHEN SELF-KNOWLEDGE COMES  
IN, ONE LIVES.**

97 **THE SENSE OF DUALITY  
CEASES ALONG WITH MENTAL  
CONDITIONING.**

98 **WHEN SELF-KNOWLEDGE COMES  
KNOCKING AT THE DOOR,  
THERE IS NEITHER AN AVERSION  
NOR ATTRACTION  
TO OBJECTS...**

**THERE  
IS JUST NO DESIRE  
FOR OBJECTS.**



99    **THE MIND IS MOVEMENT  
IN CONSCIOUSNESS.**

100   **WHEN ONE BECOMES AWARE OF  
ONESELF, 'ME' RECOGNIZES THAT IT  
IS THE SELF THAT IS DYING  
AND BEING REBORN AGAIN**



101   **IT IS THE SMALL SELF HAVING  
ALL THESE DESIRES.**

102   **DESIRE AND NON-DESIRE,  
TRUTH AND FALSEHOOD,  
EXISTENCE AND NON-EXISTENCE,  
HAPPINESS AND SORROW,**

**ALL**

**ARE BUT NOTIONS  
WHICH ARISE IN SPACE.**

103

# TRUE KNOWLEDGE

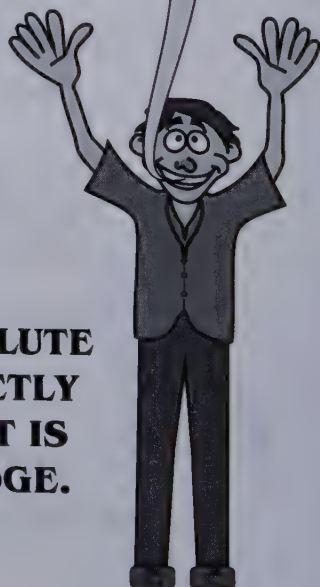
**DOES NOT HAVE AN OBJECT TO KNOW.**

**104 THERE IS NO WAY TO DESCRIBE  
OR IDENTIFY IT.**

**I KNOW  
I KNOW**

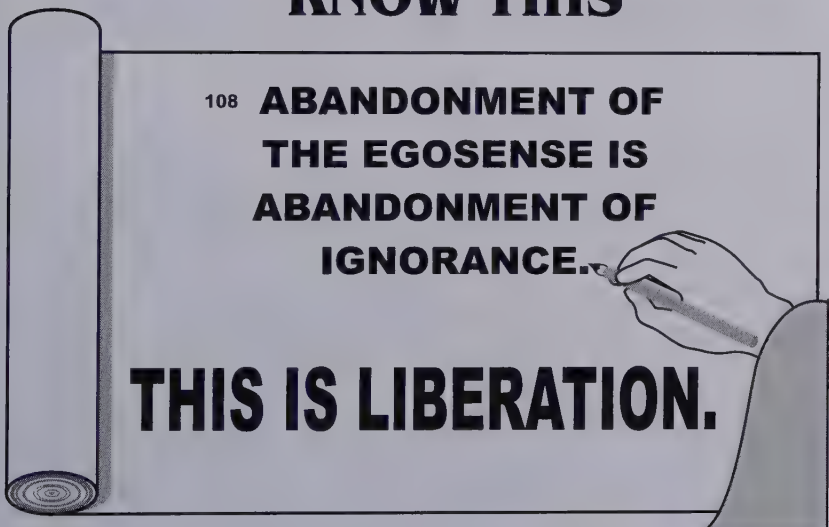
**105 KNOWLEDGE IS INDEPENDENT  
AND ETERNAL.**

**106 WHEN THE ABSOLUTE  
TRUTH IS DIRECTLY  
REALIZED, THAT IS  
TRUE KNOWLEDGE.**



107 **WISDOM IS SELF-KNOWLEDGE, OTHER  
FORMS OF KNOWLEDGE ARE BUT ITS  
PALE REFLECTIONS.**

## **THE WISE ONES KNOW THIS**

A hand holding a pen is shown writing on a scroll. The scroll is unrolled on the left side, and the hand is positioned on the right side, writing the text. The text is written in a bold, sans-serif font.

108 **ABANDONMENT OF  
THE EGOSENSE IS  
ABANDONMENT OF  
IGNORANCE.**

**THIS IS LIBERATION.**

109 **HE TO WHOM THERE IS NEITHER JOY NOR  
SORROW, WHO RESTS IN PEACE AND  
WHO IS INWARDLY UNAGITATED,  
IS THE ENLIGHTENED ONE.**



**110 WHEN THE OBJECTS ARE UNDER-  
STOOD TO BE EMPTINESS AND  
THERE IS NO TASTE FOR PLEASURE,  
THEN  
DESIRE DOES NOT ARISE.**

**111 IF ANY DESIRE COMES TO ONE  
WHO IS ENLIGHTENED,  
IT IS AT THE  
REQUEST OF OTHERS,  
NOT HIS OWN.**

**112 HE WHO HAS NEITHER  
JOY NOR SORROW,  
WHO RESTS IN PEACE AND  
WHO IS INWARDLY UNAGITATED,  
IS THE ENLIGHTENED ONE.**

113 **A DESIRE DOES NOT ARISE IN  
THE WISE ONE.**

114 **ONE OF THE SIGNS OF THE KNOWER  
OF TRUTH:  
IN HIM, DESIRE HAS  
BEEN GREATLY WEAKENED AND  
HE IS DEVOTED TO THE HAPPINESS  
OF ALL.**



**115 IN THE INFINITE CONSCIOUSNESS  
IT IS IMPOSSIBLE FOR AN OBJECT  
OTHER THEN ITSELF TO ARISE  
AT ALL.**

**116 WHATEVER A YOGI DOES, ENJOYS,  
CREATES OR DESTROYS HAS NO AFFECT ON  
HIS CONSCIOUSNESS,  
HE IS FREE.**

**117 HE LOOKS AT PAIN AND PLEASURE  
WITH EQUANIMITY,  
DOING WHAT-EVER HAS TO BE DONE  
WITHOUT ANY DIVISION.**

**118 A YOGI DOES ENGAGE HIMSELF IN  
ACTION WITHOUT GETTING CAUGHT  
UP IN THE ACTION.**

**119 THE GREAT YOGIS (PERFECTED  
BEINGS) CAN TRAVEL AT WILL  
TO COUNTLESS WORLDS, THAT  
THEY HAVE CREATED OUT OF  
SPACE.**

**120 WITH THE LAMP KNOWN  
AS CONSCIOUSNESS**



**121 YOGIS CAN MAKE THE WORLD  
A VOID AND CONVERT THE VOID  
TO THE WORLD IN A BLINK OF  
AN EYE.**

**122 AS LONG AS ONE DOES NOT STOP  
ENTERTAINING THE FALSE NOTION OF**

**‘I AM THIS’**

**THE MIND WILL NOT  
STOP THINKING.**

**123 WHAT APPEARS AS THE WORLD TO  
THE CONDITIONED MIND IS SEEN  
BY THE UNCONDITIONED AS GOD.**



**124 ONCE SELF-KNOWLEDGE HAS ARISEN IN  
ONESELF, THIS WORLD-APPEARANCE IS  
POWERLESS TO MAKE ANY IMPRESSION.**

**125 A BURNT SEED DOES NOT PRODUCE  
ANYTHING.**



**126 WHEN THE CRAVING FOR PLEASURE IS  
BURNT AWAY, ONE RESTS IN THE SELF  
AND MOVES IN THIS WORLD BEING  
NON-ATTACHED.**



**BRAHMADVAARA YANTRA**

## **SECTION 6: THE PATH**

### **BRAHMADVAARA YANTRA:**

**Awakening to your true INNER path,  
the kundalini energy rises naturally  
as we travel the spiritual path - and in  
destroying the veil of selfishness  
through selfless service and devotion  
to the Reality beyond duality.**

**Real knowledge cannot be known by the mind.  
Real knowledge is beyond words and concepts.  
It is only found  
in the innermost heart of consciousness.**



**<sup>1</sup> ONCE YOU GET THIS ILLUSION OF  
WORLD-APPEARANCE,  
YOU ARE PREYED UPON BY COUNTLESS  
OTHER ILLUSIONS WHICH COME FROM  
THE ORIGINAL ILLUSION.**



**<sup>2</sup> AS LONG AS THE IGNORANCE IS WITH  
YOU, THE WORLD-APPEARANCE  
CAN GIVE YOU AN IMPRESSION OF  
ANYTHING.**

## VI

**3 ALL PLEASURES OF THE WORLD  
INEVITABLY END IN SORROW.**

**4 THERE IS NOTHING OTHER THAN  
PURE CONSCIOUSNESS.**

**5 THERE IS SOMETHING KNOWN  
AS EXPERIENCE OTHER  
THAN THIS PURE CONSCIOUSNESS.  
IT IS CALLED IGNORANCE.**

**6 THIS FICTITIOUS EXPERIENCING  
SELF, WHICH IS BUT THE RE-  
FLECTION OF THE TRUE SELF,  
VANISHES WHEN ITS TRUE  
NATURE IS EXAMINED.**



**7 THE DIVISION CREATED BY OBJECTIVE  
CONSCIOUSNESS CEASES WHEN THE  
KNOWLEDGE OF THE INDIVISIBILITY  
OF CONSCIOUSNESS ARISES.**

**8 WHATEVER THERE IS IN THIS WORLD  
IS BUT PURE CONSCIOUSNESS.**



**THE CLAY POTS ARE CLAY.**

**9 THE GOLD JEWELRY IS GOLD.**

**THE WOODEN CHAIRS ARE WOOD.**

**ALL FORMS IN THIS CONSCIOUSNESS  
ARE CONSCIOUSNESS.**



**10 THE EGOSENSE THAT PERCEIVES  
THE DIVERSITY IS THE CREATOR  
OF THE DIVISION.**

## **VI**

**11 THE COMPANY OF THE WICKED IS  
PRODUCTIVE ONLY OF SORROW  
AND SIN.**

**12 YOU CANNOT FIND ETERNAL HAPPINESS  
IN PLACES INHABITED BY THE  
IGNORANT.**

**13  
YOU CAN NOT FIND ETERNAL HAPPINESS  
HANGING AROUND IGNORANT PEOPLE.**

**14 THE IGNORANT GO AROUND AIMLESSLY  
LOOKING FOR EXTERNAL HAPPINESS**

**15 THEIR COMPANY GIVES MOMENTARY  
PLEASURE.**

**16 TO BE IN THEIR COMPANY  
IS POISONOUS.**

17

**TAKE CARE IN THE COMPANY YOU CHOOSE**



18 **FOR THE COMPANY YOU CHOOSE IS A  
REFLECTION OF WHAT YOU BELIEVE.**

## VI

**19 THERE'S NOT A SOUL FROM THE  
GREATEST BEING TO THE  
SMALLEST INSECT THAT CAN ATTAIN  
PEACE WITHOUT CONTROLLING  
THE MIND.**

**20 IT TAKES PERFECT CONTROL OF  
THE MIND TO BECOME ONE OF  
THE ENLIGHTENED ONES.**

**21 REMOVE THE NOTION OF THE WORLD  
FROM YOUR CONSCIOUSNESS; PURE  
CONSCIOUSNESS ALONE EXISTS.**

**22 YOU CANNOT REMOVE THE 'I' FROM  
YOUR CONSCIOUSNESS WITHOUT  
REMOVING THE NOTION 'THE WORLD'**

**23 THE WORLD IS AN UNREAL APPEARANCE**

**24 YOUR RELATION WITH THE 'I' AND THE  
WORLD MUST GO , IN REALITY THERE  
IS NO 'I' NOR 'THE WORLD'. ONLY THE  
INFINITE CONSCIOUSNESS.**

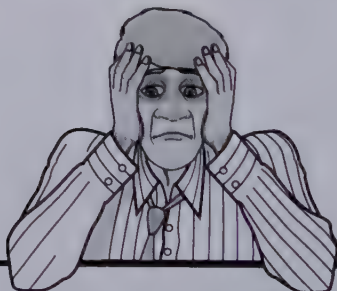


**25 ALL THIS IS INDIVISIBLE GOD  
AND THERE IS NO SUCH THING  
AS 'THE WORLD' AND THE  
NOTION 'I AM'**



**26 THE EGOSENSE IS BONDAGE AND  
WHEN THE EGOSENSE LEAVES,  
IT IS LIBERATION.**

**27 CONSCIOUSNESS CANNOT BECOME  
UNCONSCIOUSNESS.**



**28 BECAUSE OF IGNORANCE, ONE  
UNDERGOES MANY EXPERIENCES  
OF PLEASURE AND PAIN.**

**29 THE SELF IS UNLIMITED  
AND UNCONDITIONED.**

**30 THE NOTIONS LIKE HAPPY, SAD,  
BAD, GOOD, AND RIGHT AND  
WRONG, THEY ARE ONLY WORDS,  
WITH NO POWER IN THEM.  
THEY DO NOT EXIST.**

**31 THE WORLD IS BROUGHT ABOUT  
BY JUST A LITTLE AGITATION  
IN CONSCIOUSNESS.**

**32 THERE ARE NO DESIRES, NO  
ATTACHMENTS AND THERE-  
FORE NO MOVEMENTS IN  
THE SELF.**

**33**

**DEPENDANCE ALONE IS BONDAGE.**

**34 ONE WHO RESTS IN THE INFINITE,  
OR THE ALL IN EVERYTHING,  
DESIRES NOTHING.**

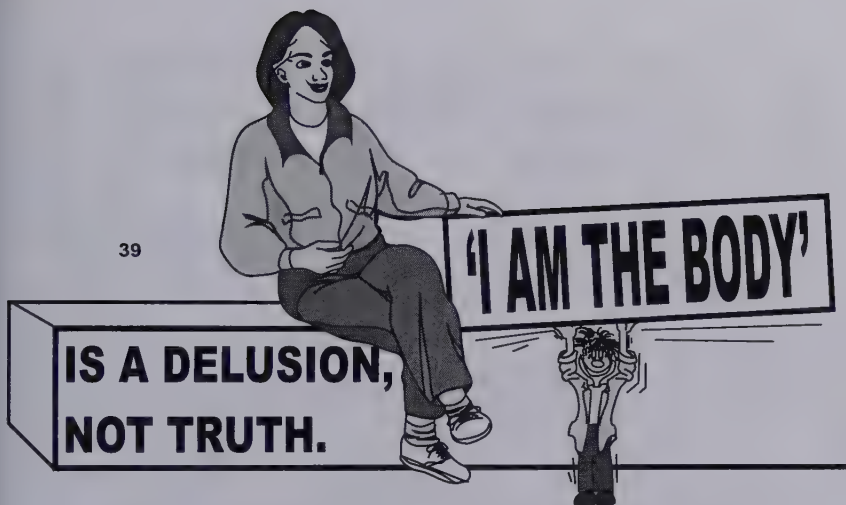
**35 WHEN AWAKENED, ALL THE DESIRES  
REACH THEIR FULFILLMENT.**

**36 WHEN SPIRITUALLY AWAKENED,  
ONE RESTS IN THAT SELF.**

**37 WHEN ONCE YOU SEE THAT THE  
PHYSICAL BODY IS AS UNREAL  
AS THE BODY SEEN IN A DREAM,  
ALL DESIRE VANISHES.**

**38 IN THE SELF IS UNITY AND DIVERSITY  
YET NOT UNITY NOR DIVERSITY AS  
OPPOSED TO EACH OTHER.**

39



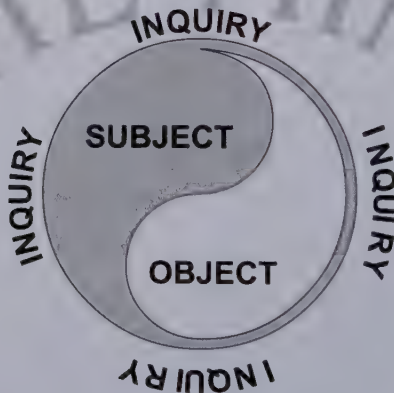
40 **THE ONE SELF CANNOT  
ASSERT DIVERSITY.**

41 **THE ONE SELF IS UNDIVIDED,  
OMNIPRESENT ONENESS.**

42 **YOU ARE THE UNDIVIDED  
CONSCIOUSNESS, YOU  
ARE THE PERFECT ONE.**

43 **YOU SHOULD, RICH OR POOR,  
BE FREE AND LIVE WITHOUT  
EGOSENSE AND DESIRE.**

44 **THE ONE WHO IS THE OBSERVER  
(SUBJECT) THE OBSERVED (OBJECT)  
AND THE ACT OF OBSERVING (INQUIRY)  
ARE BUT MODIFICATIONS OF THE MIND.**



45 **ALL THIS IS ONE INDIVISIBLE GOD,  
AND THERE IS NO SUCH THING  
AS THE WORLD.**

46 **THE SELF IS UNDIVIDED BY THIS  
DIVISION, MAKING IT BEYOND  
CONTEMPLATION.**

**47 DIVINE WILL (FATE) AND KARMA  
ARE BUT CONCEPTS - MOVEMENTS  
IN CONSCIOUSNESS.**



**48 MOVEMENT IN CONSCIOUSNESS  
CREATES THE ARISING OF  
WORLD-APPEARANCE.**



**49 WHEN THIS MOVEMENT IN  
CONSCIOUSNESS COMES  
TO AN END, THE WORLD-  
APPEARANCE ALSO CEASES.**

50 **THERE IS NO DIFFERENCE BETWEEN  
YOU AND YOUR KARMA (ACTION).**



51

**YOUR ACTIONS MAKE UP YOUR  
PERSONALITY.**



52 **THE PERSON AND HIS ACTIONS...  
THERE IS NOT THE LEAST  
DISTINCTION BETWEEN THE  
TWO.**

53 **EVERY ACTION HAS A REACTION**

54

**REGARD ALL ACTIONS EVERYWHERE  
AS PURE CONSCIOUSNESS.**



55 **NON-ACTION IN ACTION IS KNOWN  
AS NON-ATTACHMENT OR FREEDOM.**

56 **THE UPROOTING OF CONDITIONING  
IS KNOWN AS NON-ATTACHMENT  
OR**

**FREEDOM  
FREEDOM  
FREEDOM  
FREEDOM  
FREEDOM  
FREEDOM  
FREEDOM**

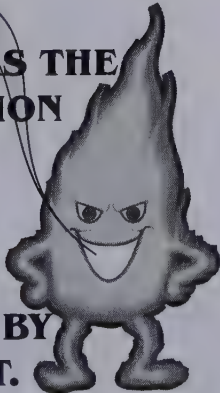
57 **SELF-EFFORT MUST BE APPLIED TO  
UPROOT CONDITIONING AND TO  
GAIN FREEDOM FROM ATTACHMENT.**

**MY NAME IS  
NON-ATTACHMENT**

58 **THE SEED WHICH SPROUTS AS THE  
WORLD IS THE SELF-LIMITATION  
OR CONDITIONING IN  
CONSCIOUSNESS.**



59 **THE SEED IS BURT BY  
NON-ATTACHMENT.**



60 **ONCE KNOWLEDGE IS ATTAINED,  
LIVE AN ACTIVE LIFE THOUGH  
REMAINING INWARDLY AS  
IF IN THE DEEP SLEEP STATE.**



62 **REST IN SELF-KNOWLEDGE, WITH  
YOUR AWARENESS JUST A LITTLE  
OUTSIDE.**

63 **PUREST TRUTH**  
**THE PUREST TRUTH IS EXPRESSED  
ONLY BY COMPLETE SILENCE.**



64 **COMPLETE SILENCE IS WHEN THERE  
IS NO MENTAL ACTIVITY.**

65 **ALL THOUGHTS AND FEELINGS ARE  
THE EXPRESSION OF THE NATURE  
OF THE ONE WHO EXPRESSES IT.**

66 **REMEMBER  
ALL EXPRESSIONS ARE TAINTED  
WITH DUALITY AND LIMITATION.**

67 **WHEN ONE ENDEAVORS TO  
GIVE EXPRESSION TO ONES  
SELF,  
THEN THE EGOSENSE  
AND ALL THE REST OF IT  
ARISE.**



68 **EVERYTHING IS THE PURE, INDIVISIBLE  
CONSCIOUSNESS.**

**69 THE AWARENESS OF THE  
INFINITE CONSCIOUSNESS  
OF ITSELF  
IS CALLED THE MIND.**



**70 THIS ITSELF IS SAMBARA AND  
BONDAGE WHICH LEADS TO  
PSYCHIC DISTRESS.**



**71 WHEN THE INFINITE CONSCIOUSNESS  
REMAINS ITSELF  
AS IF UNAWARE OF ITSELF (AS OBJECT),  
THAT IS LIBERATION.**

**72 WHEN PURE CONSCIOUSNESS  
ALONE EXISTS,  
PERVADING EVERYTHING  
INSIDE AND OUT,  
HOW DOES THE NOTION OF DIVISION  
ARISE, AND WHERE?**

VI

73

**EXPOSE  
YOURSELF**

75 **FIND OUT  
WHO  
ARE**

**YOU!**

74 **BECOME  
YOURSELF.**

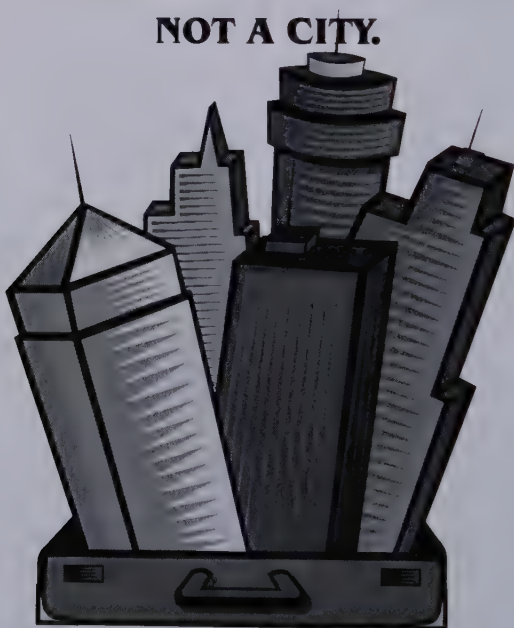
76 **DISCRIMINATE!  
GO FROM THE  
UNREAL  
TO THE REAL.**

77 **STOP LOOKING  
AT OTHERS  
WONDERING  
WHY THEY  
ARE LOOKING  
AT YOU.**

78 **STOP  
JUDGING  
OTHERS.**

79 **IT IS CRAZY FOR THE EGOSENSE  
TO SEEK LIBERATION, FOR IT  
CAN NEVER COMPREHEND THE  
TRUTH.**

80 **A IMAGINARY CITY IS IMAGINATION,  
NOT A CITY.**



81 **THIS WORLD-APPEARANCE  
IS AN APPEARANCE,  
NOT THE WORLD.**

- 82 **IGNORANCE SHOWS YOU WHERE  
WISDOM IS; WISDOM THEN  
DESTROYS THAT IGNORANCE.**



- 83 **ALL OBJECTS OF PERCEPTION  
MERGE IN KNOWLEDGE AND  
EVERYTHING IS THEN SEEN AS  
THE ONE SELF.**



- 84 **THE "DOER" AND THE "ENJOYER"  
HAVE NO EXISTENCE IN THE  
UNCONDITIONED REALITY.**

- 85 **WHEN LIGHT GOES IN SEARCH  
OF DARKNESS, DARKNESS  
VANISHES.**





OBSERVED.

OBSERVER

86



ONE SELF



87 **THERE IS NO DIVISION BETWEEN  
THE OBSERVER AND THE OBSERVED.**

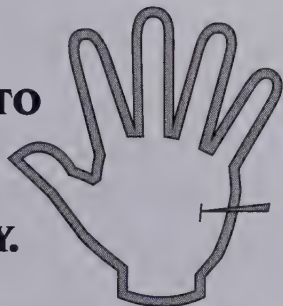


88

**ALL OBJECTS OF PERCEPTION MERGE  
IN KNOWLEDGE AND EVERYTHING  
IS THEN SEEN AS THE ONE SELF.**

**89 ONE USES KNOWLEDGE TO  
DESTROY IGNORANCE, THEN  
THROWS OUT BOTH KNOWLEDGE  
AND IGNORANCE FROM HIS  
CONSCIOUSNESS.**

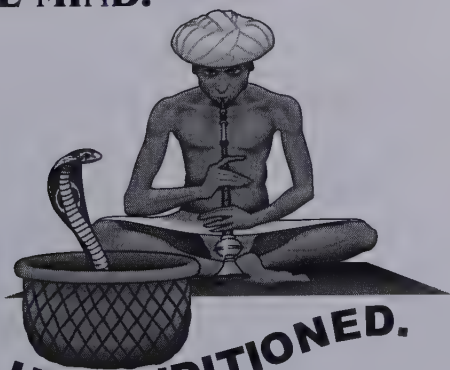
**90 ONE USES A SLIVER TO  
REMOVE A SLIVER,  
THEN THROWS  
BOTH SLIVERS AWAY.**



**91 ALL THESE OBJECTS ARE EXPERIENCED  
ONLY IN THE CONDITIONED STATE OF  
THE MIND.**

92

**THE TRUE SELF IS UNCONDITIONED.**





94 **THE CAUSE OF ALL SORROW  
IS THE ACCEPTANCE OF THE  
UNREAL AS REAL.**

95 **DUE TO EGOSENSE, THE  
IGNORANT PERSON EXPERIENCES  
THE EXISTENCE OF THIS WORLD.**

96 **THE TRUTH IS  
WE ARE ALL THE  
INFINITE CONSCIOUSNESS.**

97 **THE LIBERATED ONES PERSONALITY  
IS NO-PERSONALITY;  
HIS MIND IS NO-MIND;  
AND HIS CONDITIONING  
IS TRULY UNCONDITIONED.**

98  
**HE WHO RESTS IN TOTAL PEACE WITHIN,  
THOUGH APPARENTLY ENGAGED IN  
OUTSIDE ACTIVITIES  
IS THE LIBERATED ONE.**

99 **NO ACTIVITY AFFECTS THE  
KNOWER OF TRUTH.**

100 **WHEN ONE IS AT TOTAL PEACE FROM  
WITHIN AND IS ENGAGED IN DIVERSE  
ACTIVITIES EXTERNALLY,  
HE IS CALLED  
THE LIBERATED ONE.**

## VI

101 **ABANDON THE PURSUIT OF PLEASURE,  
ENGAGE YOURSELF IN ENQUIRY AND  
BE DEVOTED TO SELF-EFFORT.**

102 **THE NOTION OF 'I' IS UTTER IGNORANCE.  
IT BLOCKS THE PATH TO LIBERATION.**

103 **WHEN THE NOTION OF AN OBJECT  
ARISES AND THAT NOTION IS  
CONFIRMED BY REPETITION, THIS  
CONSCIOUSNESS MANIFESTS AS  
THAT OBJECT.**

104 **JUST AS BUTTER HARDENS LIKE STONE  
WHEN FROZEN,**



**CONSCIOUSNESS  
FREEZES INTO MATTER.**

105 **ONLY FOR THE SAKE OF INSTRUCTION  
IS DUALISM PROVISIONALLY ACCEPTED;  
OTHERWISE INSTRUCTION IS IMPOSSIBLE.**

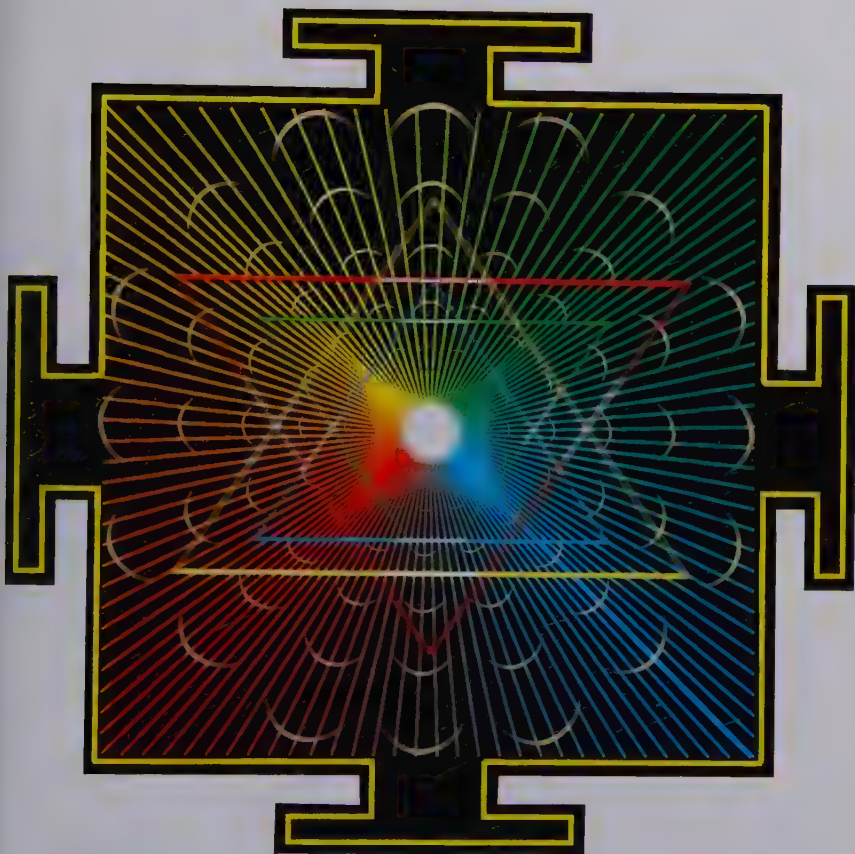
106 **ONLY FOR THE SAKE OF INSTRUCTION  
ARE WORDS USED, YET WORDS ARE  
ONLY AS EFFECTIVE AS THE  
LISTENING HEART.**

107 **THAT WHICH IS CREATED BY THOUGHT  
CAN ALSO BE  
DESTROYED BY THOUGHT.**



108 **THE WORLDS THAT SEEM TO EXIST  
ARE NOTHING BUT THE  
SUPREME SELF (GOD).**





YAMA YANTRA

## **SECTION 7: THROUGH TIME AND DEATH**

### **YAMA YANTRA:**

**Yantra of the Great Transition.  
Yantras are "portals" connecting the  
meditator with invisible forces of the  
universe.**

**Practice retention of focus on the  
inner light. At the moment of death,  
it is said that if one keeps one's full  
attention on the inner light, ignoring  
all else, he or she will be pulled up to  
the highest realms of God  
Consciousness, burning off all  
remaining karmas.**

## VII

**<sup>1</sup> LET ALL THIS RISING AND FALLING,  
THIS RIGHT AND WRONG,  
THIS BEGINNING AND ENDING,  
AND THIS SPACE AND TIME  
EXIST AS THEY PLEASE.**



**THEN REST IN DEEP INNER PEACE.**

## KARMA

**2 ONE MUST ABANDON THE DESIRE  
FOR REWARD. DON'T LOOK FOR THE  
FRUITS OF THE ACTIONS.**

**3 BY EVIL ACTIONS ONE IS BOUND  
TO THIS SAMSAARA AND BY RIGHT  
ACTIONS ONE IS LIBERATED.**

**4 BY THE PRESENT RIGHT-ACTION  
THE EFFECTS OF PAST EVIL  
ACTIONS ARE WEAKENED.**

**5 IF YOU SURRENDER ALL  
YOUR ACTIONS TO GOD,  
YOU NEVER AGAIN WHIRL ON  
THIS WHEEL OF  
SAMSAARA.**

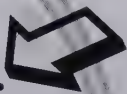
**SAMSAARA= REPETITIVE HISTORY**



<sup>6</sup> PEOPLE ARE MADE TO  
PLAY DIFFERENT ROLES  
IN THIS WORLD BY THE  
DIRECTOR...



THE DIRECTOR IS TIME.



<sup>7</sup> **TIME!** TIME CREATES, AND DESTROYS.

<sup>8</sup> BREAK AWAY FROM THIS TIME, BE  
STILL, AND WITNESS THIS COSMIC  
DANCE THAT IS HAPPENING



ALL AROUND YOU

## VII

- 9 **WHEN THE MIND GIVES UP THE  
SUBJECT-OBJECT RELATIONSHIP  
WITH THE WORLD, IT GETS  
ABSORBED IN THE INFINITE.**

- 10 **WHEN THE MOVEMENT OF THE  
MIND HAS CEASED, THE SELF  
SHINES BY ITS OWN LIGHT.**

11



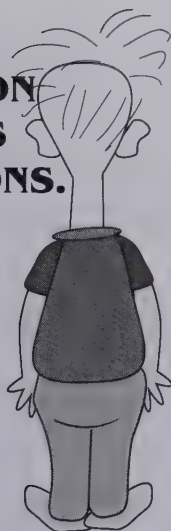
- WHEN A SALT DOLL IS LOWERED IN  
THE WATER, IT BECOMES WATER.**

- 12 **WHEN THE EGO MERGES IN THE  
TRUE SELF IT BECOMES THAT ONE;  
SORROW COMES TO AN END AND  
THERE IS BLISS, WHICH THE SELF  
EXPERIENCES IN ITSELF.**

13

**THERE IS NONE BUT THE SELF!**

**14 THEY WHO DESIRE LIBERATION  
SHOULD TURN THEIR BACKS  
TO SELFISH AND SINFUL ACTIONS.**



**15 IF YOU WISH THIS DELUSION TO  
COME TO AN END, THEN GIVE UP  
ALL ACTIONS AND BECOME A  
LOVER OF GOD.**



**16 CONTEMPLATE ON  
'I AM THAT WHICH IS BEYOND  
THE BODY, MIND AND SENSES.'**

**17 WHEN ONE IS FREE FROM NOTIONS OF  
'I AM THE DOER' AND 'I AM THE ENJOYER,'  
HE IS INDEED FREE.**



## VII

18 **ABANDON SELFISH ACTIONS  
AND PLEASURES WHICH ARISE  
FROM SENSE-CONTACTS.**

19 **ENGAGE IN DEVOTION  
TO GOD  
WITH DEEP FAITH.**

20 **REALIZE THAT ALL  
BEINGS ARE IN  
GOD AND GOD  
IS IN ALL BEINGS.**



21 **ABANDON THE WAKING, DREAM  
AND DEEP SLEEP STATES, AND  
REMAIN IN THE TRANSCENDENTAL  
CONSCIOUSNESS.**

22

**DO NOT DROWN IN THE  
SEA OF DIVERSITY.**



# WHAT IS MENTAL ACTIVITY?

23 **MENTAL ACTIVITY IS ANY MOVEMENT OF  
THOUGHT WAVES CAUSED BY EGOSENSE.**

24 **WHEN THE MENTAL ACTIVITY TURNS  
INTO A VOID, THERE IS  
ABANDONMENT OF THE EGO-SENSE.**

25 **LIVE AND ACT HERE WITHOUT  
ENTERTAINING NOTIONS AND  
WITHOUT IDENTIFYING WITH  
THE MIND.**

26 **ABANDON 'REMEMBERING' WHAT  
HAS BEEN EXPERIENCED AND  
WHAT HAS NOT BEEN EXPERIENCED  
AND REMAIN ESTABLISHED  
IN GOD WITHIN, THE  
SELF.**

27 **DO NOT LONG FOR THE  
FRUITS OF ACTION.**

**28 LEARN TO EXPERIENCE THE NON-  
PERCEPTION OF OBJECTS AND THE  
NON-ARISING OF NOTIONS.**

**29 THE SUPREME IS ATTAINED BY ONE  
WHO, THROUGH  
RIGHT ACTION AND SELF-EFFORT,  
WILL EARN THE GRACE OF THE LORD.**

**30 ACT WITHOUT THE MOTIVATION  
OF PLEASURE OR PROFIT,  
AND  
THE OBJECTS OF THE SENSES WILL  
BE DEVOID OF ATTRACTION.  
THEY WILL SIMPLY BE WHAT THEY ARE.**

**31 WHEN SENSATION OF PLEASURE ARISES  
ON CONTACT WITH OBJECTS, LET  
IT LEAD YOU INWARD TO THE SELF.**

**32 THE AWARENESS OF  
'I' AND 'MINE'  
IS THE ROOT OF ALL SORROW.**

## VII

33 **YOU CANNOT ABANDON WHAT IS  
KNOWN AS INDIVIDUALITY.**

34 **THE MIND CONTINUES  
TO EXIST AS  
LONG AS THE  
BODY  
CONTINUES  
TO LIVE.**



35 **AS LONG AS THE BODY LIVES,  
IT IS INAPPROPRIATE TO STOP  
ACTION.**

36 **ONE SHOULD ABANDON THAT  
WRONG NOTION OF 'I DO'  
(I DO THIS- I'VE DONE THAT)**



**37 THE WORD 'EXPERIENCE,' AND WHAT  
IS INDICATED BY IT, IS FALSE AND  
IT LEAVES A MISLEADING IMPRESSION.**

**38 EXPERIENCE GIVES RISE TO SORROW.**

**39 WHEN YOU SEE YOURSELF EXPERIENCING,  
THAT EXPERIENCE MUST LEAVE YOU.**

**40 IF YOU LIVE IN EXPERIENCE,  
YOU ARE NOT BEING  
HERE NOW.**

**41 ABANDON THIS AWARENESS OF  
'EXPERIENCE' AND BE ESTABLISHED  
IN THE AWARENESS OF THE SELF.**

# ACTION



42 **GOOD AND EVIL ACTIONS CEASE  
WHEN IT IS REALIZED THAT THEY  
DO NOT EXIST IN REALITY.**

43 **ONE SHOULD ENQUIRE INTO THE  
ROOT OF ACTION UNTIL THAT  
ROOT IS DESTROYED.**

44 **ACTION IS ROOTED IN THE BODY  
WHICH IS ROOTED IN THE  
EGOSENSE.**

45 **IF THE AWARENESS OF THE EGOSENSE  
IS ABANDONED, IT CEASES.**

**THUS  
THE ROOT OF ACTION IS DESTROYED.**

46 **BE ESTABLISHED IN WHAT IS AND  
YOUR ACTIONS WILL BE SPONTANEOUS.**



**47 WHEN THE MIND ABANDONS ITS  
CONDITIONING,  
THE OBJECTS  
LOSE THEIR TEMPTATION.**

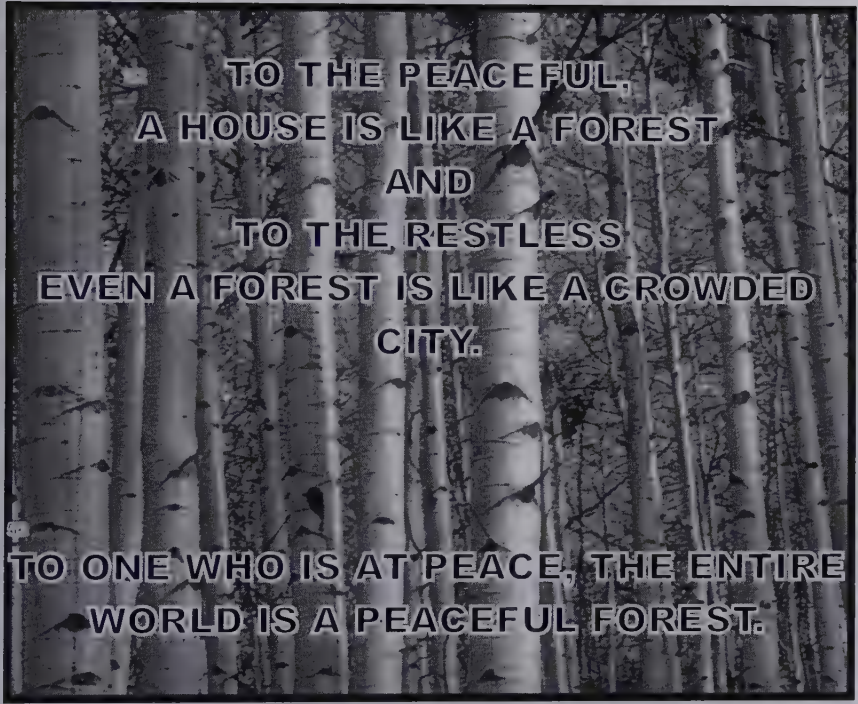
**48 GAIN PEACE WITHIN YOUR  
SELF AND YOUR WORLD  
WILL BE AT PEACE.**

**49 WHEN ALL ACTION CEASE TO BE,  
THAT IS WHERE YOU  
FIND PEACE.**

**50 RENUNCIATION IS NOT OF ACTIVITY.  
TRUE RENUNCIATION IS BASED ON  
UNDERSTANDING.**

**51 FIND YOUR PEACE**

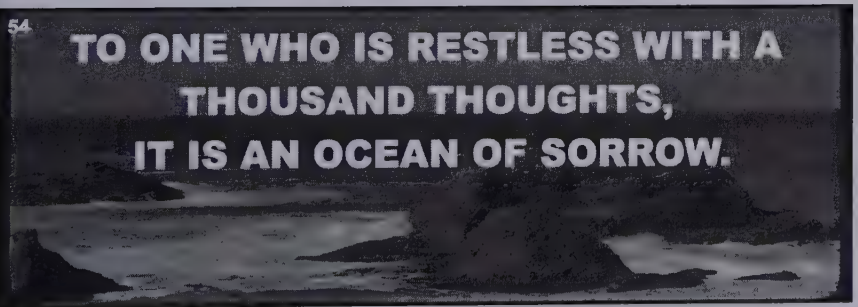




TO THE PEACEFUL,  
A HOUSE IS LIKE A FOREST  
AND  
TO THE RESTLESS  
EVEN A FOREST IS LIKE A CROWDED  
CITY.

TO ONE WHO IS AT PEACE, THE ENTIRE  
WORLD IS A PEACEFUL FOREST.

54



TO ONE WHO IS RESTLESS WITH A  
THOUSAND THOUGHTS,  
IT IS AN OCEAN OF SORROW.

**55 ONE WHO DOES NOT ABANDON  
THE EGOSENSE, KNOWS NEITHER  
RENUNCIATION NOR WISDOM  
NOR PEACE.**

**56 ALL NOTIONS LIKE  
'I AM THIS'  
AND  
'I AM NOT THIS'  
ARE NOT  
INDEPENDENT OF CONSCIOUSNESS.**

**57 THE EGOSENSE ARISES IN THE SELF  
JUST AS MOVEMENT  
ARISES IN THE WIND.**

**58 THE EGOSENSE AND SELF WALK  
TOGETHER ON THE SAME ROAD.**

**59  
WHEN THE LAMP OF UNDERSTANDING  
IS NOT FED WITH THE FUEL OF THE  
EGOSENSE, WHAT REMAINS IS  
SELF-KNOWLEDGE.**

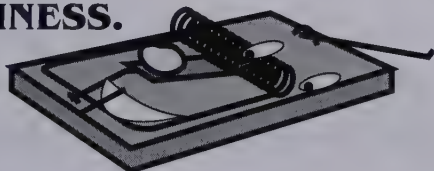


## VII

60 **THERE IS NEITHER DELUSION NOR  
THE DELUDED. IT IS ONLY  
CONSCIOUSNESS AS  
CONSCIOUSNESS.**

61 **CONSCIOUSNESS IS LIKE  
SPACE, A VOID.**

62 **THE EGOTENSE IS A TRAP  
DISGUISED ITSELF AS  
HAPPINESS.**



63 **WHEN THE PERCEPTION OF AN  
OBJECT ARISES WITHIN YOU,  
MEET IT WITH UNDERSTANDING  
'I AM NOT THIS.'**

64 **WHATEVER NOTION ARISES IN YOU,  
REALIZE THAT 'I AM NOT THIS'  
AND THUS DEPRIVE IT OF SUPPORT.**

65 **THERE IS NOTHING OTHER  
THAN THE SELF.**

66 **THE SELF IS VEILED BY  
THE UNREAL EGOSENSE.**

67 **THE EGOSENSE GIVES RISE  
TO ALL OF THIS  
WORLD-APPEARANCE.**

68 **WHEN THE EGOSENSE LEAVES, THE  
SELF SHINES BY ITS OWN LIGHT.**

69 **THE EGOSENSE IS THE SEED  
FOR THIS UNIVERSE.**

70 **WHEN THE SEED IS FRIED BY THE  
FIRE OF KNOWLEDGE, USING THE  
PAN OF SELF-WILL...**

 **ONE REALIZES THE SELF.**

## VII

71 **WHEN THE EGOSENSE GOES,  
DIVERSITY IS DISSOLVED.**



72 **WHEN LIGHT COMES INTO A DARK ROOM,  
ONE PERCEIVES THE OBJECTS.**

73 **THE DIVERSITY OF WORLD-APPEARANCE  
ARISES WITH THE ARISING OF THE**

**EGOSENSE.**

74 **SELF-KNOWLEDGE IS THE REALIZATION  
OF THE UNREALITY OF THE EGOSENSE.**

75 **ABANDON THE INDIVIDUALIZED  
EGOSENSE AND BEHOLD YOUR  
SELF AS THE ENTIRE UNIVERSE.**

**THEN  
REALIZE THAT THE ENTIRE UNIVERSE  
IS THE SELF OR GOD.**



## LET THE LIGHT IN



76 **KNOWLEDGE OF THE SELF IS THE  
LIGHT THAT BANISHES THE  
DARKNESS OF IGNORANCE.**

## VII

77 **BE FREE FROM ALL AGITATION  
CAUSED BY WORLD-NOTIONS.**

78 **BEINGS ARE BORN AND THEY DIE  
AFTER BEING WORN OUT HERE.**

79 **THE PLEASURES IN THIS WORLD  
ONLY INTENSIFY THIS DELUSION  
AND ARE EVER CHANGING.**

80 **WHAT IS GOOD ONE MOMENT IS BAD  
THE NEXT MOMENT AND VICE VERSA.**

81 **THE FIRE OF DISCRIMINATION  
PUTS TO ASHES THE ENJOY-  
MENT OF PLEASURES.**



**DISCRIMINATION**



**82 THE FIVE SENSES HAVE CAUSED  
HAVOC ON THE ROAD TO  
UNDERSTANDING.**

**83 UNDERSTAND THE POISONOUS NATURE  
OF THESE SENSE-EXPERIENCES, THAT  
ONLY INTENSIFY SUFFERING.**

**84 MAKE WAR ON THIS LARGE AND  
POWERFUL ARMY KNOWN AS  
'THE SENSES.'**

**85 THIS ARMY IS COMMANDED  
BY THE EGOSENSE.**



**86 THEIR HORSES ARE KNOWN AS  
THE SENSE-EXPERIENCES**

**87 IT HAS COMPLETELY ENCIRCLED  
THE CITY KNOWN AS THE BODY.**

**88 EVEN THE HOLY ONES HAVE TO  
BATTLE WITH THESE SENSES.**

89 **THERE IS NO REMEDY FOR THE  
DISEASE KNOWN AS SENSE-  
CRAVING OTHER THAN THE  
FIRM ABANDONMENT OF  
DESIRE FOR PLEASURE.**

90 **THESE SENSES ARE FILTHY AND  
THEY LEAD TO GREAT MISFORTUNE.**

  
**THEY GENERATE** **GREED**

91 **THE SENSES ARE ENEMIES OF THE  
MEN OF WISDOM AND FRIENDS OF  
THE FOOLISH.**

92 **IT IS DIFFICULT TO OVERCOME  
THESE SENSES.**

**93 WHAT APPEARS TO US AS  
'I' AND 'ME'  
IS IN TRUTH NOT YOUR SELF.**

**94 THE CONVICTION THAT NEITHER 'I'  
NOR 'YOU' NOR 'THE WORLD' EXISTS  
IS CONDUCTIVE TO HAPPINESS,  
NOT TO SORROW.**

**95 BE FREE FROM ALL  
PAIN AND PLEASURE.**

**96 FROM ENQUIRY, ONE CANNOT DETERMINE  
WHETHER THE WORLD-APPEARANCE  
ARISES FROM IGNORANCE,  
OR IGNORANCE IS BORN OF THE  
WORLD-APPEARANCE.**



**97 THE ORIGIN OF IGNORANCE  
CANNOT BE DETERMINED.**

98

**I THINK I AM, THEREFORE I AM**



**I THINK**

**99 IN EVERY WAY POSSIBLE,  
INVESTIGATE THE QUESTION**

**‘WHO AM I ?’**

**100 ONLY SELF-KNOWLEDGE CAN  
REMOVE THE WRONG NOTION**

**‘I AM THIS.’**

**101 YOU CANNOT SEE THE TRUTH UNTIL  
IT IS HEARD AGAIN AND AGAIN AND  
MEDITATED UPON AGAIN AND AGAIN.**

**THERE IS AN ENERGY WHICH CIRCULATES  
102 THRU CHANNELS OF THE BODY.  
IT IS KNOWN AS PRANA (LIFE FORCE).**

**103 THE CONSCIOUSNESS THAT TENDS  
TOWARDS THINKING  
BECAUSE OF THE MOVEMENT OF  
PRANA, IS KNOWN AS THE MIND.**

**104 MOVEMENT OF THOUGHT IN THE MIND  
ARISES FROM MOVEMENT OF PRANA; AND  
THE MOVEMENT OF PRANA ARISES  
BECAUSE OF MOVEMENT OF THOUGHT  
IN CONSCIOUSNESS.**

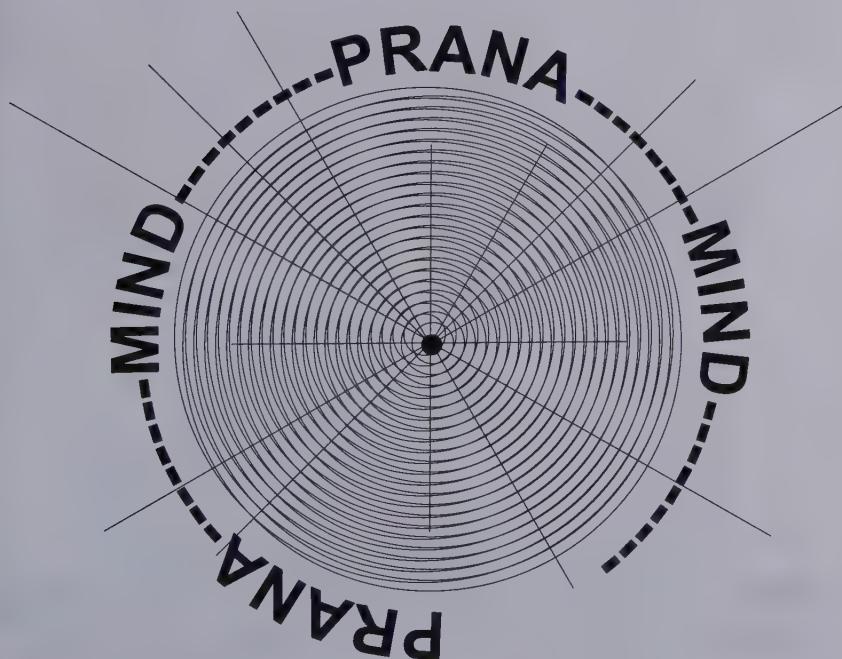


**105 THEY HAVE A CYCLE OF  
MUTUAL DEPENDANCE.**

106

**ONE CAN STOP THE MOVEMENT OF PRANA  
WHEN ALL HOPES AND DESIRES  
COME TO AN END.**

**107 THE APPEARANCE OF THE WORLD-  
ILLUSION DISAPPEARS WHEN THE MIND  
ABANDONS THE MOVEMENT OF THOUGHT.**





**108 THE COSMIC PERSON IS HIMSELF  
OF THE NATURE OF A THOUGHT.**



**109**

**THE COSMIC PERSON IS THE ORIGINAL  
CAUSE OF ALL WORLD-APPEARANCE.**





OHM YANTRA

## **SECTION 8: BACK TO THE ONE**

### **OHM YANTRA:**

**Ohm Yantra - Sometimes spelled "AUM" mantra, connects to the original creative force of the Universe.**

**This is the MahaMantra signifying the original vibration or "WORD" that created this world. When meditated upon, transports one back to First Cause - back to the One Without a Second.**

**WHO AM I? WHERE DID I COME FROM?**



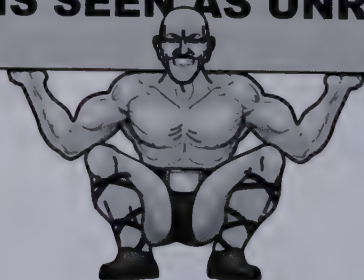
<sup>1</sup>      **WHERE AM I GOING?**  
**ONE FINDS THE 'PEACE THAT**  
**PASSES UNDERSTANDING'**  
**AFTER INTELLIGENT INQUIRY**  
**INTO THE NATURE OF THE SELF.**

**2 THE UNREAL HAS NO EXISTENCE -  
TO ONE WHO HAS RISEN ABOVE  
THE EGOSENSE, DUALITY OR  
DIVERSITY IS UNREAL.**

**3 THE WHOLE UNIVERSE IS A VOID  
IN THE EYES OF THE WISE ONE.  
A DESIRE CANNOT ARISE IN HIM.**

**4 WHEN ONE SEES THIS UNIVERSE  
AS A VOID, LIFE AND DEATH ARE  
NON-DIFFERENT.**

**5 ON EXAMINATION, EVEN THE  
BODY IS SEEN AS UNREAL.**



- 6 WHEN THE MIND CEASES, THE NOTIONS CONCERNING THE BODY AND THE WORLD DISAPPEAR.**



- 7 THE SELF OR THE INFINITE CONSCIOUSNESS ALONE REMAINS.**

- 8 WHEN ONE ENQUIRES INTO THE NATURE OF TRUTH, THE EGOSENSE CEASES AND WHAT IS LEFT IS PURE INFINITE CONSCIOUSNESS.**

- 9 WHEN ENQUIRING INTO TRUTH THE MIND IS FREED FROM OBJECT-IDENTIFICATION.**

- 10    **WHEN THE MIND IS FREED  
FROM OBJECT-IDENTIFICATION**



**WHATEVER YOU DO, WHATEVER YOU  
ENJOY----- ALL BECOMES DIVINE.**

- 11    **YOU WILL BE DESIRELESS  
AND FREE FROM DELUSION.**

- 12    **REMAIN ESTABLISHED IN  
SELF-KNOWLEDGE.**

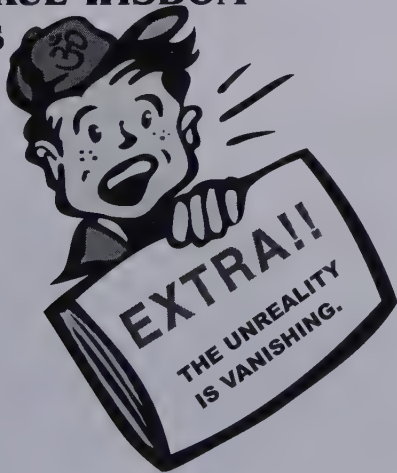


- 13    **GOD ALONE IS THE COSMIC SOUL.**

14 **CONSCIOUSNESS, REFLECTING ITS OWN  
THOUGHT FORMS WITHIN ITSELF IS  
THIS APPARENT WORLD APPEARANCE,  
ALL OF WHICH IS MERE  
IMAGINATION.**

15 **THIS WORLD SEEMS TO GIVE RISE  
TO A SENSE OF REALITY IN A STATE  
OF IGNORANCE.**

16 **WHEN THE TRUE WISDOM  
ARISES, THIS  
UNREALITY  
VANISHES.**





**17 DO NOT ENTERTAIN THE FEELING THAT  
THE WORLD OF THE FIVE ELEMENTS IS  
THEIR CREATION, LOOK UPON THE FIVE  
ELEMENTS THEMSELVES AS THE  
MANIFESTATION OF THE POWER  
INHERENT IN CONSCIOUSNESS  
ABSOLUTE.**

**18 ONE ALONE APPEARS AS DIVERSE  
ON ACCOUNT OF IGNORANCE.**

**19 IGNORANCE DISAPPEARS ON ENQUIRY,**

**20 LIKE DARKNESS VANISHES WHEN  
LIGHT IS BROUGHT IN.**

**21 BY REPETITIVE HISTORY, THE  
COSMIC SOUL TAKES ON FORM  
(IGNORANCE).**

**22 WHEN THIS FALSE NOTION OF A  
KNOWABLE APART FROM THE  
KNOWER (CONSCIOUSNESS)  
CEASES, THE SELF REGAINS ITS  
EQUILIBRIUM.**

**23 THE NOTION OF THE REALITY OF THE  
OBJECTS OF THIS WORLD ARISES  
ONLY IN IGNORANCE.**

**24 IF IT IS REALIZED THAT ALL OBJECTS  
ARE UNREAL,  
NO DESIRE WILL ARISE.**

**25 CREATION AND LIBERATION  
ARE WORDS WITHOUT MEANING.**

- 26 **THE WORLD IS CONSCIOUSNESS;  
IF THAT WERE NOT SO, NEITHER  
'I' NOR 'THAT' COULD BE  
COMPREHENDED.**



- 27 **SORROW IS BORN OF THE NOTION OF  
WORLD-APPEARANCE (IGNORANCE).**

**&**

- 28 **PEACE IS BORN OF NIRVANA(LIBERTION).**

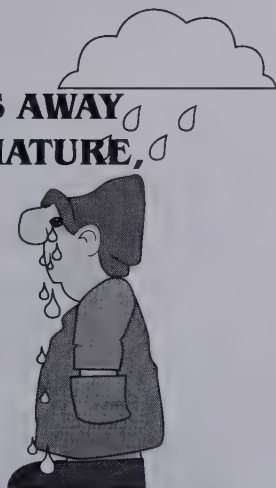
- 29 **THESE TWO DO NOT EXIST AT THE SAME  
TIME. IN TRUTH BOTH ARE NOTIONS  
AND NOTIONS DO NOT EXIST,  
ONLY GOD.**

30      **THAT WHICH IS NOT FOUND ON  
INVESTIGATION, DOES NOT EXIST.**

31      **COME TO THE REALIZATION THAT  
ONE'S TRUE NATURE ALONE  
EXISTS AND THAT THERE IS NO  
DIVERSITY IN IT.**

32      **WHEN ONE MOVES AWAY  
FROM HIS TRUE NATURE,  
THERE IS GREAT  
SORROW.**

**BUT**



33      **WHEN ONE RESTS IN HIS TRUE  
NATURE OF PEACE AND SELF-CONTROL,  
THERE IS TRUTH.**

34 **WHEN THE NOT-SELF IS WEAKENED  
AND SELF-NATURE EXPANDS IN  
THE LIGHT, THEN THE ARISING OF  
THE WORLD IS REALIZED AS A  
MERE EXPERIENCE.**

35 **WHEN ONE IS FULLY ESTABLISHED  
IN THE SELF, THEN THIS WORLD  
APPEARANCE CEASES,  
JUST LIKE  
WAKING UP FROM A DREAM.**



36 **PLEASURES ARE DREADED DISEASES**

37 **PLEASURE IS A DREADED DISEASE,  
RELATIVES ARE BONDAGE AND  
WEALTH IS THE SOURCE OF  
UNHAPPINESS.**

38 **THE NOT-SELF IS SAMSARA AND  
RESTING IN THE SELF IS THE  
SUPREME GOOD.**

39 **GOD-CONSCIOUSNESS DOES NOT  
KNOW THE CREATION-CONSCIOUSNESS  
AND VICE-VERSA.**

**40 AS LONG AS THE MIND IS SWAYED  
BY THOUGHTS OF PLEASURE OR  
HAPPINESS, SO LONG IS IT UNABLE  
TO COMPREHEND THE TRUTH.**

**41 IF THE MIND IS PURE,  
THEN INSTANTLY IT COMPREHENDS  
THE TRUTH.**

**42 CREATION IS JUST A WORD,  
IT HAS NO CORRESPONDING  
SUBSTANTIAL REALITY.**

**43 THERE IS NO WORLD IN REALITY.**

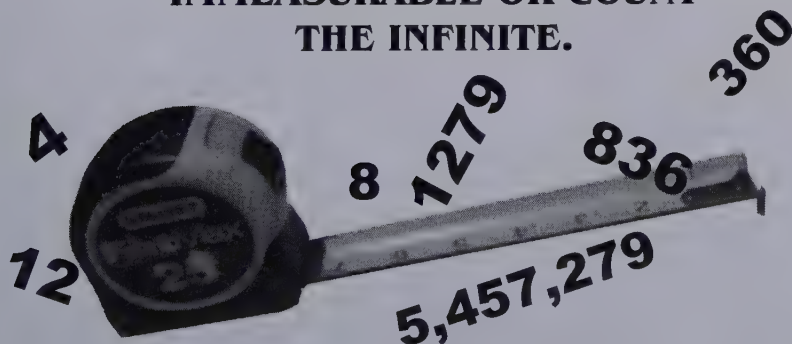


44 CONSCIOUSNESS IS GOD,  
 THE MIND IS GOD,  
 THE INTELLECT IS GOD,  
 GOD ALONE IS SUBSTANCE.  
 THE WORLD IS GOD,  
 AND ALONE IT IS THE COMPONENT  
 OF ALL SUBSTANCES.

45 THERE IS NO DIVISION IN THE  
 INFINITE CONSCIOUSNESS.

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46 ONE CANNOT MEASURE THE  
 IMMEASURABLE OR COUNT  
 THE INFINITE.

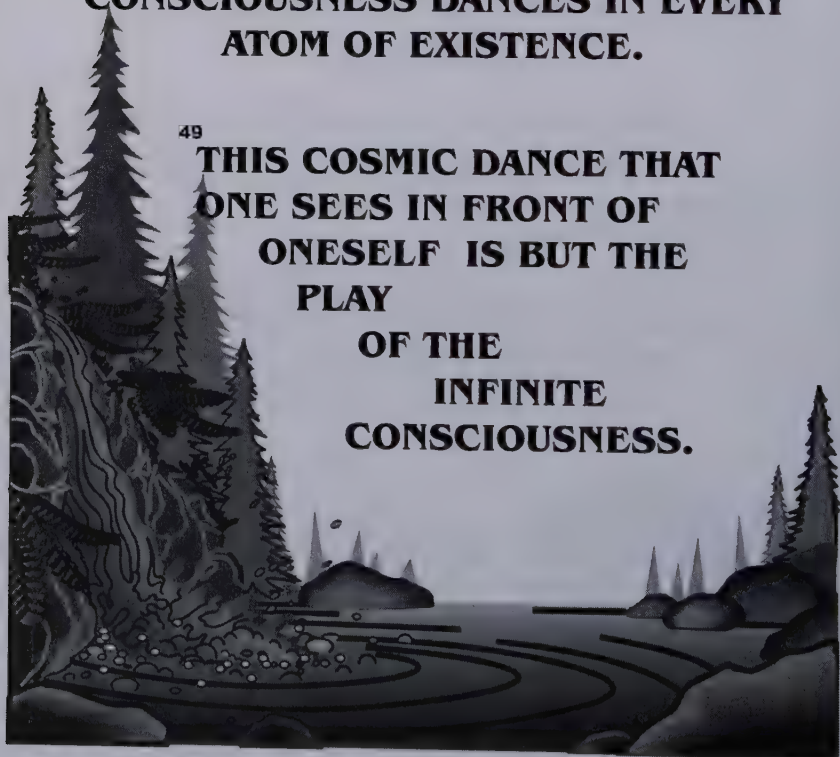


## VIII

47 **THE ENLIGHTENED PERSON SEES  
BOTH GOD AND THE WORLD AS  
THE WAKING AND THE DREAMING  
STATES.**

48 **THE ONLY REALITY HERE IS THAT  
THE SUPREME ESSENCE OF COSMIC  
CONSCIOUSNESS DANCES IN EVERY  
ATOM OF EXISTENCE.**

49 **THIS COSMIC DANCE THAT  
ONE SEES IN FRONT OF  
ONESELF IS BUT THE  
PLAY  
OF THE  
INFINITE  
CONSCIOUSNESS.**



**50 THE SLEEPING PERSON BECOMES THE  
FIELD FOR THE PLAY OF DREAMS.**

## **IN THE SAME MANNER**

**51 THE SELF, WHEN IT IS NOT IN SELF-  
KNOWLEDGE, APPEARS TO BECOME  
THE SEED FOR THIS  
WORLD-APPEARANCE.**

**52 ONE WHO IS ESTABLISHED IN GOD  
DOES NOT SEE A  
DISTINCTION BETWEEN  
GOD AND THE WORLD.**

**53 THERE IS NO DIVISION BETWEEN  
SUBJECT, OBJECT AND ACTION  
AND THEREFORE HE IS WITHOUT A  
SENSE OF DOERSHIP.**

54 **THE WORLD-APPEARANCE IS AN  
APPEARANCE, NOT THE WORLD.**

55 **REALITY IS GOD.**

56 **THE WORLD-APPEARANCE ARISES IN  
IGNORANCE AND WISDOM PUTS AN  
END TO IT.**

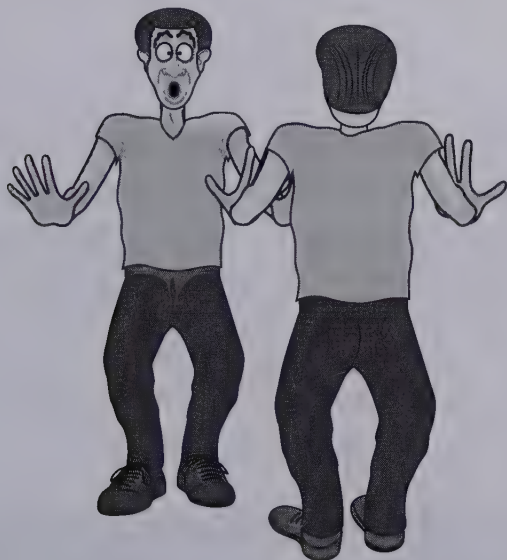
57

NOW LISTEN HERE, THIS  
SENTENCE HAS NO  
MEANING AT ALL, IN  
REALITY IT NEITHER ARISES  
NOR CEASES.



## VIII

58 **BECOMING AWARE OF ITSELF AS  
ITS OWN OBJECT ,IT SEEMS TO  
CREATE A DIVISION AND PARTIAL  
KNOWLEDGE WHICH IS IGNORANCE.**



59 **THE DISTINCTION BETWEEN THE  
WORLD AND ITS LORD  
IS VERBAL AND FALSE.**



60 **IN THE INFINITE CONSCIOUSNESS  
NO SUCH DISTINCTION IS  
MEANINGFUL.**

## VIII

61 **WHEN DUALITY IS NON-EXISTENT,  
THE NOTION OF A CREATION DOES  
NOT ARISE IN CONSCIOUSNESS.**

62 **INVESTIGATION INTO THE CAUSAL  
RELATIONSHIP BETWEEN THE  
CREATOR AND THIS CREATION  
BECOMES MEANINGLESS.**

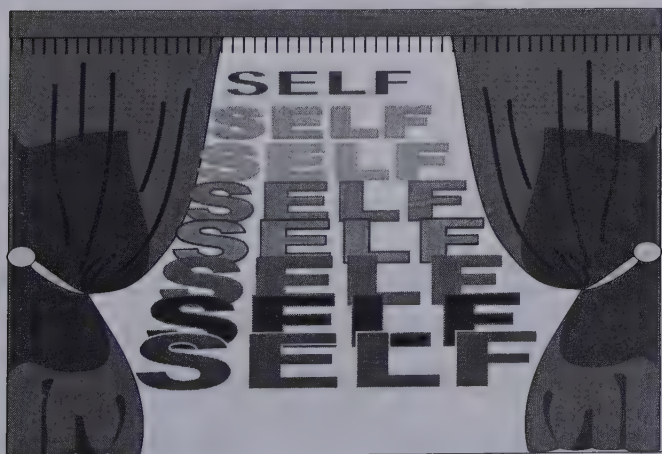
63 **WHEN WHAT EXISTS IS REALIZED AS**

**IT IS,**  
**THE WORLD APPEARANCE  
CEASES.**

## VIII

64 **WORSHIP THE TRUE SELF - WHICH IS  
THE SUPREME LORD -  
WITH ALL YOUR  
NATURAL ACTIONS  
AND  
EXPERIENCES  
AND  
WISDOM.**

65 **WHEN REALIZED, THE SUPREME SELF  
INSTANTLY BESTOWS UPON  
YOU AS INDIVIDUALIZED CONSCIOUSNESS  
THE BOON OF SPIRITUAL  
UNFOLDMENT**





66 **FINAL LIBERATION IS IMMEDIATELY  
BESTOWED ON YOU BY THE LORD,  
THE SELF,  
WHEN WORSHIPPED WITH  
ENQUIRY INTO THE NATURE OF  
THE SELF,  
WITH SATSANGA  
(COMPANY OF THE WISE) AND  
SELF CONTROL.**

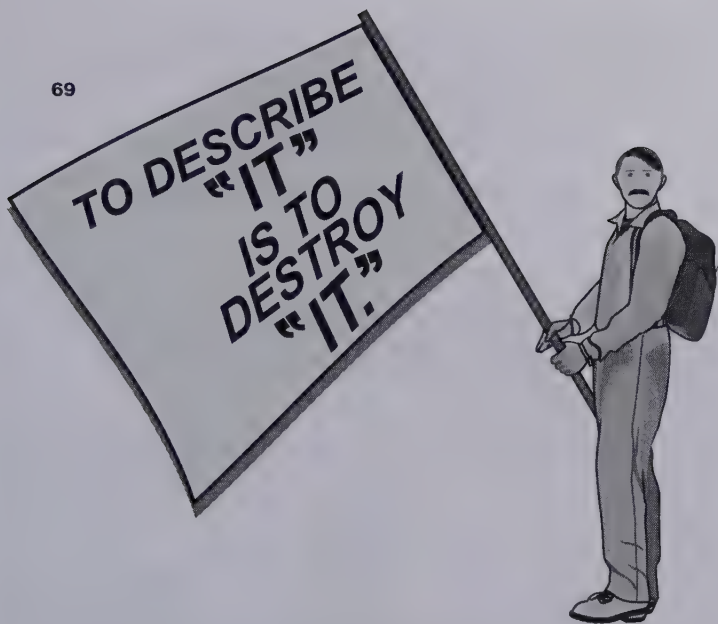
67 **PERCEPTION OF THE REALITY IS  
THE BEST FORM OF WORSHIP.**

68 **WITH THE WISDOM GAINED BY  
WORSHIPPING THE TRUE SELF,**



**GET RID OF BODY-CONSCIOUSNESS  
AND ALONG WITH IT  
SHAME, FEAR, DESPAIR, PLEASURE,  
AND PAIN.**

69



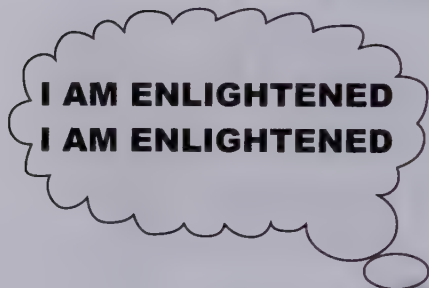
70 **WHEN THE UNREALITY OF THE NATURE  
OF OBJECTS IS UNDERSTOOD,**

**AND**

71 **IT IS REALIZED THAT WORLD  
CONSCIOUSNESS IS NOT THE  
OBJECT OF KNOWLEDGE,**

72 **THEN THERE IS ENLIGHTENMENT  
WHICH IS BEYOND DESCRIPTION.**

73 **CONSIDERING ONESELF TO BE  
ENLIGHTENED  
IS THE IMAGINATION  
OF THE IGNORANT ONE.**



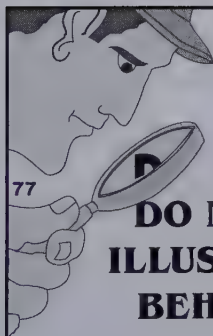
74

**LIBERATION IS THE NON-EXPERIENCE  
OF EGOSENSE.**

75 **ALL OBJECTS DO NOT EXIST  
INDEPENDENTLY SO THEY  
CANNOT BE REAL.**



76 **THEY ARE PERVADED BY THE  
CONSCIOUSNESS WHICH IS  
THE SUBJECT**



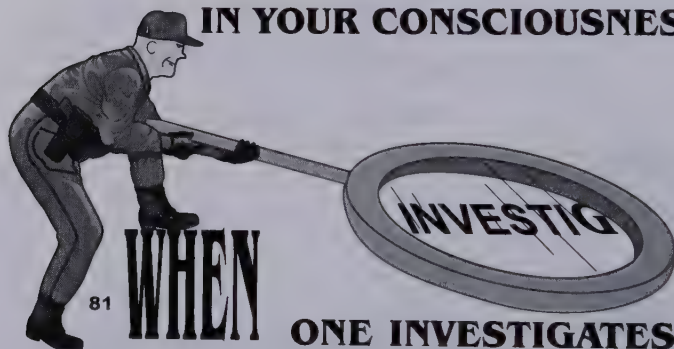
77

**DO NOT BE DELUDED BY THIS  
ILLUSORY WORLD-APPEARANCE.  
BEHOLD THIS DELUSION AND  
ENQUIRE INTO IT.**

78 **DO REST IN YOUR OWN TRUE  
SELF WHICH IS BEGININGLESS  
AND ENDLESS.**

79 **SINCE YOU HAVE NOT CARED TO  
INVESTIGATE INTO WHO YOU ARE,**

80 **NOTIONS LIKE 'I' AND 'YOU' HAVE  
BECOME FIRMLY ESTABLISHED  
IN YOUR CONSCIOUSNESS.**



81

**WHEN**

**ONE INVESTIGATES THE  
TRUE NATURE OF THE SELF  
THE EGO VANISHES AND THE  
SELF IS UNDERSTOOD.**

**WAKE UP**

## VIII

82 **ALL ILLUSIONS VANISH, LEAVING  
THE ONE ABSOLUTE TRUTH.**

83 **LIKE WATER IN THE MIRAGE  
DISAPPEARS WHEN ITS  
TRUE NATURE IS REALIZED.**



84 **WHAT ARE YOU MAKING OF YOURSELF**



**USE SELF-DISCIPLINE TO DIRECT YOURSELF  
TOWARDS THE INNER LIGHT.**



**85 ONE SHOULD CAREFULLY  
INVESTIGATE THIS BLISSFUL  
ROAD TO  
LIBERATION.**

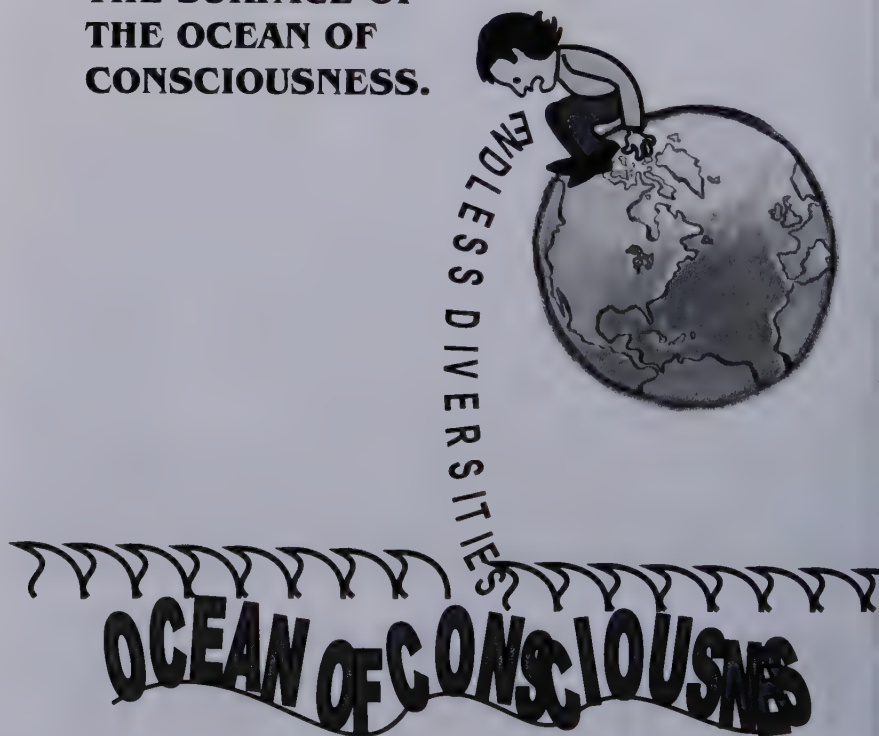
**86 LIBERATION BRINGS INNER PEACE.**

**87 BONDAGE PROMOTES  
MENTAL DISTRESS.**

**88 AFTER REALIZING THIS KNOWLEDGE,  
IF YOU DO NOT STRIVE FOR  
LIBERATION THEN**

**YOU ARE THE FOOLISH ONE.**

89 **THE SELF REMAINS ITSELF  
EVEN WHEN THE ENERGIES  
OF THE WORLD  
THROW UP ENDLESS  
DIVERSITIES ON  
THE SURFACE OF  
THE OCEAN OF  
CONSCIOUSNESS.**



90 FROM THE POINT OF VIEW  
OF THE REAL TRUTH,

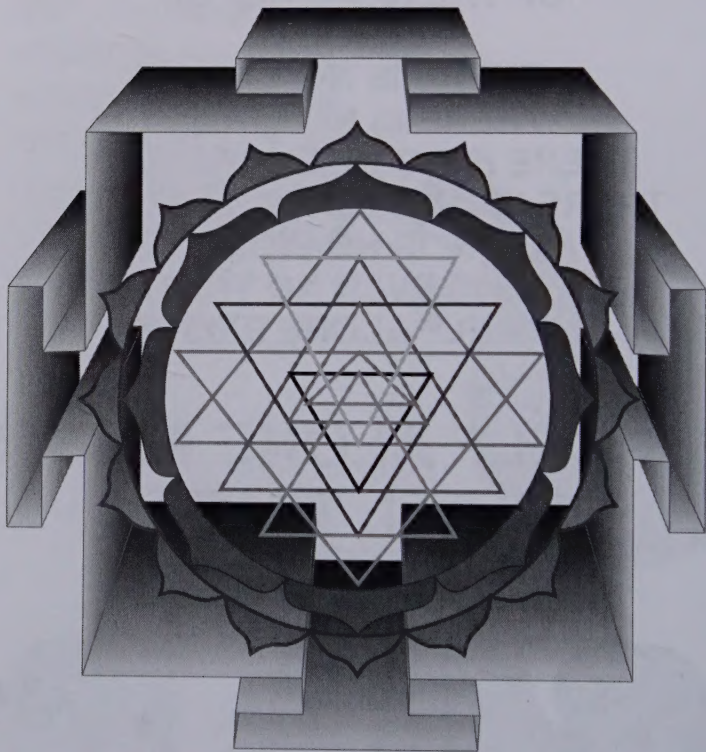
THERE IS NO TIME;  
THERE IS NO MIND;  
THERE IS NO INTELLIGENCE;  
THERE IS NO EMBODIED BEING;  
THERE IS NO WORLD;  
THERE IS EVEN NO TRUTH.;  
THE SELF ALONE EXISTS.

**THE SELF ALONE EXISTS  
AT ALL TIMES**

**SELF**

# **YANTRA MEDITATION**

## **SRI CHAKRA**



**Sri Chakra, or Wheel of Fortune, which represents the Universal Goddess, is one of the principal yantras used to represent the creative universal forces of God.**







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